

## **ABSTRAK**

### **PENGARUH PEREGANGAN STATIS DAN PEREGANGAN PASIF TERHADAP PEMELIHARAAN FLEKSIBILITAS LANSIA**

(Studi *Experimen* Pada Lansia Di Perkumpulan Senam Sehat Indonesia Jalan Cihampelas Cimaung RT.06 RW.07 Kelurahan Taman Sari Kecamatan Bandung Wetan Kota Bandung)

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Lansia secara alami mengalami kemunduran gerak. Hal bisa diperlambat dengan latihan peregangan statis dan peregangan pasif. Tujuan penelitian ini yaitu untuk mengetahui pengaruh dari peregangan statis dan peregangan pasif terhadap pemeliharaan fleksibilitas lansia. Dengan cara pengelompokan lansia ke dalam tiga kelompok yaitu kelompok statis, kelompok pasif, dan kelompok kontrol. Metode penelitian yang digunakan yaitu *Experimen* dengan design *pre and post test design* pada sampel ibu-ibu Kelompok Senam Indonesia. Teknik pengambilan sampel menggunakan *purposive sampling* warga Rw 07 Kelurahan Taman Sari Kota Bandung. Instrumen yang digunakan adalah tes pengukuran *Health Related Physical Fitness For Elderly*, instrumen ini dari Jones CJ Rikli R, (2002) dan Kusmaedi N, (2014). Hasil yang diperoleh dianalisis dengan uji statistik *Paired Samples T-Test*. Dari analisis data diperoleh nilai kelompok statis *BST* :  $t = -4.319$ ,  $p = 0.023 < 0.05$ , *CSnRT* :  $t = -1.160$ ,  $p = 0.330 > 0.05$ , kelompok pasif , *BST* :  $t = -2.703$ ,  $p = 0.074 < 0.05$  , *CSnRT*:  $t = -0.836$ ,  $p = 0.464 > 0.05$ , kelompok kontrol *BST* :  $t = 0.832$ ,  $p = 0.467 > 0.05$  , *CSnRT*:  $t = 2.029$ ,  $p = 0.135 > 0.05$ .

Kata kunci : peregangan statis, peregangan pasif, lansia, fleksibilitas.

Catatan kaki :

*BST* : *Back Scratch Test*  
*CSnRT* : *Chair Sit and Reach Test*

## **ABSTRACT**

### **INFLUENCE OF PASSIVE STRETCHING AND STATIC STRETCHING TOWARD THE MAINTENANCE FLEXIBILITY OF THE ELDERLY**

(Case Study: on the elderly-circling in Gymnastic Healthy Indonesia Assembly Cihampelas Cimaung Street RT.02 RW.05 Taman Sari Subdistrict, Bandung City)

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The elderly are naturally decline motion. It can slow down with static stretching dan passive stretching exercises. The aim of this research is to know the influence of static stretching and passive stretching towards the maintenance flexibility of the elderly. By way of elderly grouping into three groups, i.e. static group, passive group, and control group. Research methods used is circling by of pre and test design of mothers Gymnastics Indonesia Group. Sampling techniques using purposive sampling by citizens RW.07 neighborhoods Taman Sari Bandung. The instruments used are measurement test of Health Related Physical Fitness for Elderly, it is from Jones CJ Rikli R, (2002) and Kusmaedi N, (2014). The result obtained were analyzed with the statistical test of Paired Sample T-Test of data obtained from the value of static group  $BST : t = -4.319, p = 0.023 < 0.05$ ,  $CSnRT : t = -1.160, p = 0.330 > 0.05$ , passive group  $BST : t = -2.703, p = 0.074 < 0.05$ ,  $CSnRT : t = -0.836, p = 0.464 > 0.05$ , control group  $BST : t = 0.832, p = 0.467 > 0.05$ ,  $CSnRT : t = 2.029, p = 0.135 > 0.05$

*Keyword:* static stretching, passive stretching, elderly, flexibility.

Footnote:

BST: The Back Scratch Test

CSnRT: Chair Sit and Reach Test