

*ANALISIS LANDING ERROR* PADA PEMAIN BULUTANGKIS

SKRIPSI

Diajukan untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana Olahraga  
Program Studi Ilmu Keolahragaan



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# ***Analisis Landing Error Pada Bulutangkis***

Oleh

Hakamsyah Ramadhan

Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat  
memperoleh gelar Sarjana Olahraga pada Fakultas Pendidikan Olahraga  
dan Kesehatan

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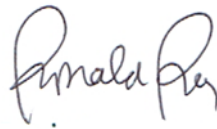
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## ABSTRAK

### ANALISIS *LANDING ERROR* PADA PEMAIN *BULUTANGKIS*

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Dosen Pembimbing I : Agus Rusdiana M.A., Ph.D

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Olahraga merupakan kegiatan yang sering dilakukan oleh setiap manusia. Namun terkadang cedera saat berolahraga sering terjadi dan menghambat untuk beraktifitas. Cedera yang didapatkan diantaranya adalah cedera ACL (*Anterior Cruciate Ligament*), cedera ankle, cedera hamstring, dan lain-lain. Terutama dalam cabang olahraga Bulutangkis sering terjadi cedera. Maka dari itu tujuan dari penelitian ini adalah untuk mengetahui hasil skor atlet terhadap resiko terkena cedera pada ACL. Instrument yang digunakan adalah *Landing Error Scoring System*. Metode yang digunakan pada penelitian ini adalah Deskriptif dengan populasi pada penelitian ini adalah mahasiswa yang mengikuti UKM Bulutangkis UPI dan yang mengikuti kejuaraan LIMA Nasional . Sampel pada penelitian ini 10 mahasiswa diantaranya 5 laki-laki dan 5 perempuan. Pengambilan data dengan objektif dilakukan menggunakan *Landing Error Scoring System* untuk mengetahui hasil skor LESS pada mahasiswa Ukm Bulutangkis UPI. Hasil penelitian didapatkan bahwa laki-laki lebih unggul dibandingkan dengan perempuan dengan persentase skor kesalahan pada masing-masing indikator LESS pada atlet bulutangkis laki-laki dan perempuan

Kata Kunci : *Landing Error Scoring System*, ACL (*Anterior Cruciate Ligament*), laki-laki dan perempuan, Bulutangkis.

## ABSTRACT

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ANALISIS *LANDING ERROR* PADA PEMAIN *BULUTANGKIS*

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*ANALISIS LANDING ERROR PADA PEMAIN  
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Sport is an activity that is often carried out by every human being. But sometimes exercising while exercising often occurs and hinders activity. The injuries found were ACL (Anterior Cruciate Ligament) injuries, ankle injuries, hamstring injuries, and others. Especially in badminton, injuries often occur. Therefore the aim of this study was to see the results of the athletes who were injured in the ACL. The instrument used was the Landing Error Scoring System. The method used in this research is descriptive with the population in this study are students who take part in the UPI Badminton UKM and who take part in the National LIMA championship. The sample in this study was 10 students consisting of 5 boys and 5 girls. Objective data collection was carried out using the Landing Error Scoring System to determine the results of LESS scores on UPI Badminton students. The results showed that men are superior to women with the proportion of error scores on each indicator LESS on male and female badminton athletes

Keywords: Landing Error Scoring System, ACL (Anterior Cruciate Ligament), male and female, badminton

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