

**PENGARUH *KINESIO TAPING* DAN *COLD COMPRESSION* TERHADAP  
PEMULIHAN CEDERA *LOWER-BODY* ATLET FUTSAL PUTRI**

**TESIS**

Diajukan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Magister  
Pendidikan Kepelatihan Olahraga



**Oleh**

**Alimin Hamzah**

**1802787**

**PROGRAM STUDI PENDIDIKAN OLAHRAGA  
SEKOLAH PASCASARJANA**

Alimin Hamzah, 2020

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Oleh  
Alimin Hamzah

S.Pd Universitas Negeri Makassar, 2017

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga

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LEMBAR PENGESAHAN

TESIS

ALIMIN HAMZAH, S.Pd

1802787

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Disetujui dan disahkan oleh:

Pembimbing I



**Dr. Berliana, M.Pd.**

NIP: 196205621986022001

Pembimbing II

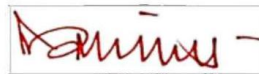


**dr. Pipit Pitriani, M.Kes., Pt.D.**

NIP: 197908262010122003

Mengetahui:

Ketua Program Studi Pendidikan Olahraga



**Dr. H. Among Ma'mun, M.Pd.**

NIP: 196001191986031002

Alimin Hamzah, 2020

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## ABSTRAK

**Alimin Hamzah (2020): Pengaruh *Kinesio Taping* dan *Cold Compression* Terhadap Pemulihan Cedera *Lower-body* Atlet Futsal Putri (Studi Eksperimen Pada Tim Futsal AMF Mojang Bandung) Tesis. SPs. UPI.**

Probabilitas cedera akibat berolahraga merupakan hal yang lazim, terlebih pada olahraga futsal yang potensial *body contact*. Salah satu penanganan cedera saat ini ialah menggunakan *Kinesio Taping* dan *Cold Compression*. Tujuan dari penelitian ini yakni, untuk mengetahui pengaruh penggunaan *Kinesio Taping* terhadap cedera Tendon Achilles dan cedera Patella. Kedua, untuk melihat pengaruh *Kinesio Taping* yang dikombinasikan dengan *Cold Compression* terhadap cedera Tendon Achilles dan cedera Patella pada atlet futsal putri. Adapun metode penelitian yang digunakan dalam penelitian ini ialah eksperimen semu (*Quasi Experiment*) dengan desain penelitian *Pre-test and Pos-test Control Group Design*. Pada penelitian ini penulis menggunakan instrumen kuesioner VISA-A (*Victorian Institute of Sport Assessment-Achilles*), VISA-P (*Patella*) dan ROM (*Range of Motion*) untuk mengukur tingkatan rasa nyeri yang dialami oleh sampel. Populasi berasal dari tim futsal putri AMF Mojang yang berjumlah 42 atlet, dengan rentang usia 16 – 24 tahun, kemudian pendekatan purposive sampling digunakan dengan beberapa kriteria sampel. Sampel pada penelitian ini berjumlah 19 atlet yang mengalami cedera pada tendon *Achilles* dan *Patella*. Terdapat dua kelompok eksperimen, kelompok pertama diberikan perlakuan berupa *Kinesio Taping* yang dikombinasikan dengan *Cold Compression*, terdapat 9 atlet pada kelompok ini dengan rincian 5 atlet cedera *Achilles* dan 4 atlet cedera *Patella*. Kelompok kedua diberi perlakuan *Kinesio Taping* saja, berjumlah 10 atlet dengan rincian 5 atlet cedera *Achilles* dan 5 atlet cedera *Patella*. Penelitian dilakukan selama 4 hari dengan pembagian treatment 2 hari *Cold Compression* dan 2

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hari perlakuan *Kinesio Taping* diberikan. Uji persyaratan analisis yang digunakan adalah uji normalitas, uji homogenitas, dan untuk uji hipotesis menggunakan *paired sample t-test* (parametrik). Hasil penelitian menunjukkan terdapat pengaruh yang signifikan dengan detail pada kelompok *Kinesio Taping* yang dikombinasikan dengan *Cold Compression* pada skor pretest menggunakan kuesioner VISA-A dan VISA-P memiliki rata-rata 53,44 dengan standar deviasi 8.017 menjadi 68,78 (rata-rata) dan 7.645 (standar deviasi). Untuk kelompok *Kinesio Taping* saja, pada data pretest menggunakan kuesioner VISA-A dan VISA-P ditemukan nilai rata-ratanya 65,30 dengan standar deviasi 9,557 menjadi 71,70 (rata-rata) dan 7,732 (standar deviasi). Kesimpulan dari penelitian ini adalah (1) *Cold Compression* yang dikombinasikan dengan *Kinesio Taping*, terbukti efektif terhadap pemulihan cedera *Tendon Achilles* dan Patella atlet futsal putri, (2) *Kinesio Taping* berpengaruh terhadap pemulihan cedera pada tendon Achilles dan Patella atlet futsal putri. Untuk peneliti selanjutnya, disarankan meneliti menggunakan metodologi yang berbeda dengan jenis cedera yang berbeda, serta lebih mengkaji pada aspek fisiologinya.

## **Abstract**

**Alimin Hamzah (2020): Effect of Kinesio Taping dan Cold Compression  
Toward Woman Futsal Athlete Injury Lower Body Recovery  
(Eksperimental Study in Bandung Mojang AMF Futsal Team)  
Tesis. SPs. UPI.**

The probability of injury from sports is common, especially in futsal sports with potential body contact. One of the handling of injuries today is using Kinesio Taping and Cold Compression. The purpose of this study is to determine the effect of the use of Kinesio Taping on Achilles Tendon injuries and Patella injuries. Second, to see the effect of Kinesio Taping combined with Cold Compression on Achilles Tendon injuries and Patella injuries on female futsal athletes. The research method used in this study is quasi-experimental (Quasi Experiment) with research design Pre-test and Post-test Control Group Design. In this study the authors used the VISA-A questionnaire instrument (Victorian Institute of Sport Assessment-Achilles), VISA-P (Patella) and ROM (Range of Motion) to measure the level of pain experienced by the sample. The population came from the AMF Mojang women's futsal team, which numbered 42 athletes, with an age range of 16-24 years, then a purposive sampling approach was used with several sample criteria. The sample in this study amounted to 19 athletes who suffered injuries to the Achilles and Patella tendons. There were two experimental groups, the first group was given treatment in the form of Kinesio Taping combined with Cold Compression, there were 9 athletes in this group with details of 5 Achilles injured athletes and 4 Patella injured athletes. The second group was given only Kinesio Taping treatment, totaling 10 athletes with details of 5 Achilles injured athletes and 5 Patella injured athletes. The study was conducted for 4 days by distributing 2 days Cold Compression treatment and 2 days Kinesio Taping

treatment given. Test requirements analysis used are normality test, homogeneity test, and for hypothesis testing using paired sample t-test (parametric). The results showed a significant effect in detail in the Kinesio Taping group combined with Cold Compression on the pretest score using the VISA-A and VISA-P questionnaires had an average of 53.44 with a standard deviation of 8,017 to 68.78 (average) and 7,645 (standard deviation). For the Kinesio Taping group only, the pretest data using the VISA-A and VISA-P questionnaire found an average value of 65.30 with a standard deviation of 9.557 to 71.70 (average) and 7.732 (standard deviation). The conclusions of this study are (1) Cold Compression combined with Kinesio Taping, proved effective against the recovery of Achilles Tendon and Patella injuries in female futsal athletes, (2) Kinesio Taping affects the recovery of injuries in Achilles tendon and Patella in female futsal athletes. For further researchers, it is recommended to examine using different methods with different types of injuries, as well as examining more on the physiological aspects.

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