

ANALISIS LANDING ERROR PADA CABANG OLAHRAGA HANDBALL

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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Analisis Landing Error Pada Cabang Olahraga Handball

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

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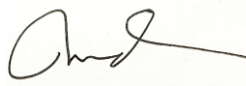
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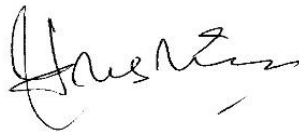


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ABSTRAK

ANALISIS *LANDING ERROR* PADA CABANG OLAHRAGA *HANDBALL*

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

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Penelitian ini bertujuan untuk mengetahui seberapa besar persentase *Landing Error* pada atlet *handball* laki-laki dan perempuan terhadap resiko cedera *ACL*. Metode yang digunakan pada penelitian ini adalah deskriptif kuantitatif. Teknik pengambilan dalam penelitian ini adalah *Accidental Sampling*. Sampel dalam penelitian ini berjumlah 10 orang atlet pelatda *handball* Jawa barat. Pengambilan data dengan metode objektif dilakukan menggunakan *Landing Error Scoring System* untuk mengetahui hasil skor *LESS*. Hasil analisis data menunjukkan persentase *landing error pada knee flexion: initial contact* (laki-laki: 60.0%; perempuan: 60.0%), *hip flexion: initial contact* (laki-laki: 0.0%; perempuan: 0.0%), *trunk flexion: initial contact* (laki-laki: 0.0%; perempuan 0.0%) *ankle-plantar flexion: initial contact* (laki-laki: 40.0%; perempuan: 40.0%), *medial knee position: initial contact* (laki-laki: 100.0%; perempuan: 100.0%), *lateral-trunk flexion: initial contact* (laki-laki: 20.0%; perempuan: 20.0%), *stance width: wide* (laki-laki: 0.0%; perempuan: 40.0%), *stance width: narrow* (laki-laki: 60.0%; perempuan: 20.0%), *foot position: external rotation* (laki-laki: 0.0%; perempuan: 20.0%), *foot position: internal rotation* (laki-laki: 0.0%; perempuan: 0.0%), *symmetric initial foot contact: initial contact* (laki-laki: 40.0%; perempuan: 40.0%), *knee-flexion displacement* (laki-laki: 0.0%; perempuan: 0.0%), *hip-flexion displacement* (laki-laki: 0.0%; perempuan: 0.0%), *trunk-flexion displacement* (laki-laki: 0.0%; perempuan: 0.0%), *medial-knee displacement* (laki-laki: 60.0%; perempuan: 100.0%), *joint displacement* (laki-laki: average: 20.0%, stiff: 20.0%; perempuan: average: 60.0%, stiff: 20.0%), *overall impression* (laki-laki: average: 20.0%, poor: 0.0%; perempuan: average: 20.0%, poor: 0.0%).

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

ABSTRACT
ANALYSIS OF LANDING ERROR IN HANDBALL

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Supervisor I: Agus Rusdiana, M.Sc., Ph.D.

Supervisor II: dr. Hamidie Ronald D, M.Pd., Ph.D.

This study aims to determine how big the proportion of landing errors in male and female handball athletes to ACL injuries. The method used in this research is quantitative. The technique of taking in this research is Accidental Sampling. The sample in this study may be 10 West Java handball athletes. The objective method was to collect data using the Landing Error Scoring System to see the LESS score. The results of data analysis show the percentage of landing error on the knee flexion: initial contact (male: 60.0%; female: 60.0%), hip flexion: initial contact (male: 0.0%; female: 0.0%), trunk flexion: initial contact (male: 0.0%; female 0.0%) ankle-plantar flexion: initial contact (male: 40.0%; female: 40.0%), medial knee position: initial contact (male: 100.0%; female: 100.0%), lateral-trunk flexion: initial contact (male: 20.0%; female: 20.0%), stance width: wide (male: 0.0%; female: 40.0%), stance width: narrow (male- male: 60.0%; female: 20.0%), foot position: external rotation (male: 0.0%; female: 20.0%), foot position: internal rotation (male: 0.0%; female: 0.0%), symmetric initial foot contact: initial contact (male: 40.0%; female: 40.0%), knee-flexion displacement (male: 0.0%; female: 0.0%), hip-flexion displacement (male: 0.0%; female: 0.0%), trunk-flexion displacement (male: 0.0%; female: 0.0%), medial-knee displacement (male: 60.0%; female: 100.0%), joint displacement (male: average: 20.0%, stiff: 20.0%; female: average: 60.0%, stiff: 20.0%), overall impression (male: average: 20.0%, poor: 0.0%; female: average: 20.0%, poor: 0.0%).

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

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