

*ANALISIS LANDING ERROR PADA ATLET VOLI*

SKRIPSI

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



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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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**ABSTRAK**  
**ANALISIS LANDING ERROR PADA ATLET VOLI**

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Penelitian ini bertujuan untuk mengetahui persentase skor LESS masing-masing indikator pada atlet voli. Populasi pada penelitian ini adalah atlet klub voli Alko Bandung. Pengambilan sampel menggunakan teknik *purposive sampling*, total sampel adalah 41 orang (20 laki-laki dan 21 perempuan). Metode yang digunakan adalah metode deskriptif. Instrumen yang digunakan dalam penelitian ini adalah *Landing Error Scoring System* yang terdapat 17 indikator penilaian untuk mengetahui pola gerakan yang beresiko saat melakukan *drop vertical jump*. Hasilnya, Persentase error *Knee flexion: initial contact* (laki-laki = 15,0%, perempuan = 23,8%), *Hip flexion: initial contact* (laki-laki = 0%, perempuan = 0%), *Trunk flexion: initial contact* (laki-laki = 5,0%, perempuan = 0%), *Ankle-plantar flexion: initial contact* (laki-laki = 15,0%, perempuan = 0%), *Medial knee position: initial contact* (laki-laki = 10,0%, perempuan = 57,1%), *Lateral-trunk flexion: initial contact* (laki-laki = 30,0%, perempuan = 9,5%), *Stance width: wide* (laki-laki = 0%, perempuan = 0%), *Stance width: narrow* (laki-laki = 85,0%, perempuan = 81,0%), *Foot position: external rotation* (laki-laki = 0%, perempuan = 0%), *Foot position: internal rotation* (laki-laki = 0%, perempuan = 0%), *Symmetric initial foot contact: initial contact* (laki-laki = 5,0%, perempuan = 14,3%), *Knee-flexion displacement* (laki-laki = 10,0%, perempuan = 23,8%), *Hip-flexion displacement* (laki-laki = 0%, perempuan = 0%), *Trunk-flexion displacement* (laki-laki = 10,0%, perempuan = 23,8%), *Medial-knee displacement* (laki-laki = 30,0%, perempuan = 95,2%). Skor 0-2 pada *Joint displacement* (laki-laki = 70,0 : 30,0 : 0%, perempuan = 33,3 : 61,9 : 4,8%), *Overall impression* (laki-laki = 65,0 : 30,0 : 5,0%, perempuan = 33,3 : 61,9 : 4,8%).

Kata Kunci : LESS, cedera, ACL, voli, laki-laki, perempuan

**ABSTRACT**  
**ANALYSIS OF LANDING ERROR IN VOLLEYBALL ATHLETES**

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Advisor I : Agus Rudiana, S.Pd., M.A., Ph.D.  
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This study aims to determine the percentage of the LESS score of each indicator in volleyball athletes. The population in this study were volleyball athletes of Alko Bandung club. Purposive sampling technique was used, the total samples were 41 people (20 men and 21 women). The method used is the descriptive method. The instrument used in this study is the Landing Error Scoring System, which contains 17 assessment indicators to measure at-risk movement patterns when making drop vertical jumps. As a result, found the percentage of each indicator of Knee flexion error: initial contact (male = 15.0%, female = 23.8%), Hip flexion: initial contact (male = 0%, female = 0%), Trunk flexion: initial contact ( male = 5.0%, female = 0%), ankle-plantar flexion: initial contact (male = 15.0%, female = 0%), Medial knee position: initial contact (male = 10 , 0%, female = 57.1%), Lateral-trunk flexion: initial contact (male = 30.0%, female = 9.5%), Stance width: wide (male = 0%, female = 0%), Stance width: narrow (male = 85.0%, female = 81.0%), Foot position: external rotation (male = 0%, female = 0%), Foot position: internal rotation (male = 0%, female = 0%), Symmetric initial foot contact: initial contact (male = 5.0%, female = 14.3%), Knee-flexion displacement (male = 10 , 0%, female = 23.8%), Hip-flexion displacement (male = 0%, female = 0%), Trunk-flexion displacement (male = 10.0%, female = 23.8% ), Medial-knee displacement (male = 30.0%, female = 95.2%). Score 0-2 on joint displacement (male = 70,0: 30,0: 0%, female = 33,3: 61,9: 4,8%), Overall impression (male = 65,0: 30,0: 5.0%, female = 33.3: 61.9: 4.8%).

Key Words : LESS, injury, ACL, volleyball, male, female

## DAFTAR ISI

|   |                              |
|---|------------------------------|
| LAMAN PENGESAHAN.....                                 | iii                          |
| HALAMAN PERNYATAAN KEASLIAN SKRIPSI.....              | Error! Bookmark not defined. |
| KATA PENGANTAR.....                                   | Error! Bookmark not defined. |
| UCAPAN TERIMA KASIH .....                             | Error! Bookmark not defined. |
| ABSTRAK .....   | iv                           |
| ABSTRACT.....   | v                            |
| DAFTAR ISI.....                                       | vi                           |
| DAFTAR GAMBAR.....                                    | vii                          |
| DAFTAR LAMPIRAN .....                                 | vii                          |
| BAB I PENDAHULUAN.....                                | Error! Bookmark not defined. |
| 1.1 Latar Belakang Masalah .....                      | Error! Bookmark not defined. |
| 1.2 Rumusan Masalah.....                              | Error! Bookmark not defined. |
| 1.3 Tujuan Penelitian.....                            | Error! Bookmark not defined. |
| 1.4 Manfaat Penelitian.....                           | Error! Bookmark not defined. |
| 1.5 Struktur Organisasi Skripsi.....                  | Error! Bookmark not defined. |
| BAB II KAJIAN PUSTAKA.....                            | Error! Bookmark not defined. |
| 2.1 Kajian Teori.....                                 | Error! Bookmark not defined. |
| 2.1.1 <i>Landing Error Scoring System(LESS)</i> ..... | Error! Bookmark not defined. |
| 2.1.2 <i>Anterior Cruciate Ligament(ACL)</i> .....    | Error! Bookmark not defined. |
| 2.1.3 <i>Voli</i> .....                               | Error! Bookmark not defined. |
| 2.2 Penelitian yang Relevan.....                      | Error! Bookmark not defined. |
| 2.3 Hipotesis Penelitian.....                         | Error! Bookmark not defined. |
| BAB III METODE PENELITIAN .....                       | Error! Bookmark not defined. |
| 3.1 Desain Penelitian .....                           | Error! Bookmark not defined. |
| 3.2 Partisipan.....                                   | Error! Bookmark not defined. |
| 3.3 Populasi dan Sampel.....                          | Error! Bookmark not defined. |
| 3.3.1 Populasi.....                                   | Error! Bookmark not defined. |
| 3.3.2 Sampel.....                                     | Error! Bookmark not defined. |

|  |                                     |
|--|-------------------------------------|
| 3.4 Instrumen Penelitian.....  | Error! Bookmark not defined.        |
| 3.5 Prosedur Penelitian.....   | Error! Bookmark not defined.        |
| 3.6 Analisis Data.....   | Error! Bookmark not defined.        |
| 3.6.1 Uji <i>Crosstab</i> .....  | Error! Bookmark not defined.        |
| <b>BAB IV TEMUAN DAN PEMBAHASAN ..</b> Error! Bookmark not defined.          |                                     |
| 4.1 Temuan .....   | Error! Bookmark not defined.        |
| 4.1.1 Analisis <i>Landing Error</i> pada Atlet Voli.....                     | Error! Bookmark not defined.        |
| 4.1.2 Uji <i>Crosstab</i> .....  | Error! Bookmark not defined.        |
| 4.2 Pembahasan.....  | Error! Bookmark not defined.        |
| <b>BAB V SIMPULAN IMPLIKASI DAN REKOMENDASI</b> Error! Bookmark not defined. |                                     |
| 5.1 Kesimpulan .....   | Error! Bookmark not defined.        |
| 5.2 Implikasi dan Rekomendasi.....   | Error! Bookmark not defined.        |
| 5.2.1 Implikasi .....  | Error! Bookmark not defined.        |
| 5.2.2 Rekomendasi.....   | Error! Bookmark not defined.        |
| <b>DAFTAR PUSTAKA.....</b>   | <b>8</b>                            |
| <b>LAMPIRAN.....</b>   | <b>Error! Bookmark not defined.</b> |

## DAFTAR TABEL

|   |    |
|---|----|
| Tabel 4.1 Hasil Uji <i>Crosstab</i> ..... | 16 |
|---|----|

## DAFTAR GAMBAR

|   |    |
|---|----|
| Gambar 2.1 Tahapan <i>jump-landing-vertical jump</i> tampak samping dan depan ..... | 6  |
| Gambar 2.2 Posisi box lompatan, tempat mendarat, dan kamera .....                   | 8  |
| Gambar 3.1 Metode <i>Purposive Sampling</i> .....                                   | 13 |
| Gambar 3.2 Prosedur Penelitian.....   | 14 |

## DAFTAR LAMPIRAN

|  |    |
|--|----|
| Lampiran.1 Persetujuan Pembimbing I dan II .....   | 25 |
| Lampiran.2 Indikator penilaian LESS .....          | 26 |
| Lampiran.3 Hasil Analisa skor LESS .....           | 27 |
| Lampiran.4 Hasil Pengolahan Data .....             | 27 |
| Lampiran.5 Surat Keputusan Pembimbing Skripsi..... | 33 |

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