

**EFEKTIVITAS PENGGUNAAN *KINESIO TAPING* DAN *ANKLE BRACE*
TERHADAP PEMULIHAN CEDERA *ANKLE SPRAIN* PADA ATLET
TAEKWONDO**

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana
Pendidikan Program Studi Pendidikan Keperawatan Olahraga



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*EFEKTIVITAS PENGGUNAAN KINESIO TAPING DAN ANKLE BRACE TERHADAP PEMULIHAN CEDERA
ANKLE SPRAIN PADA ATLET TAEKWONDO*

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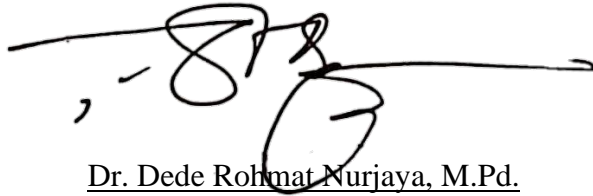
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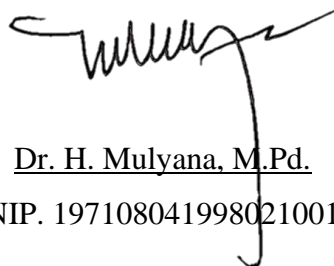


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ABSTRAK

Penelitian ini dilakukan untuk mengetahui efektivitas penggunaan *kinesio taping* dan *ankle brace* terhadap pemulihan cedera *ankle sprain* pada atlet taekwondo. Metode yang digunakan adalah metode penelitian eksperimental dengan model *two-group pretest-posttest design*. Sampel berasal dari atlet UKM Taekwondo UPI yang diambil dengan menggunakan teknik *purposive sampling*, didapat 2 orang sampel yang memenuhi kriteria. Prosedur penelitian dilakukan dengan memberikan perlakuan *kinesio taping* pada kelompok 1 dan *ankle brace* pada kelompok 2. Pengambilan data *pretest* dilakukan sebelum sampel melakukan latihan. Kemudian masing-masing sampel melakukan latihan dengan menggunakan *kinesio taping* dan *ankle brace*. Setelah selesai latihan, sampel melakukan *posttest*. Instrumen yang digunakan untuk pengambilan data adalah goniometer sebagai alat ukur derajat *Range of Motion* (ROM) dan *Visual Analog Scale* (VAS) sebagai alat ukur tingkat rasa nyeri. Hasil penelitian menunjukkan bahwa penggunaan *kinesio taping* berpengaruh signifikan terhadap ROM dan tidak berpengaruh signifikan terhadap VAS pada cedera *ankle sprain*. Penggunaan *ankle brace*, tidak berpengaruh signifikan terhadap ROM dan berpengaruh signifikan terhadap VAS pada cedera *ankle sprain*. Data hasil perbandingan signifikansi dari kedua perlakuan, menunjukkan bahwa tidak terdapat perbedaan pengaruh yang signifikan diantara penggunaan *kinesio taping* dan *ankle brace*.

Kata kunci : *ankle brace*, cedera olahraga, *kinesio taping*, pemulihan cedera *ankle sprain*

THE EFFECTIVENESS OF KINESIO TAPING AND ANKLE BRACE FOR ANKLE SPRAIN RECOVERY INJURY IN TAEKWONDO ATHLETES

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ABSTRACT

This research was conducted to determine the effectiveness of using kinesio taping and ankle brace in reover ankle sprain injuries in taekwondo athletes. The method used was an experimental research method with a two-group pretest-posttest design model. The samples were taken from UKM Taekwondo UPI athletes using purposive sampling technique, and 2 participants were obtained with the criteria. The research procedure was carried out by administering kinesio taping treatment to first group and ankle brace treatment to second group. Data collection for the pretest was conducted before the samples performed any exercise. Then, the samples performed exercises using their respective kinesio taping and ankle brace. After finishing the exercise, the samples underwent posttest. The instruments used for data collection were a goniometer to measure the Range of Motion (ROM) degree and Visual Analog Scale (VAS) to measure the level of pain. The research results showed that there was significant effect of using kinesio taping on the ROM degree and no significant effect on the VAS. Regarding the use of ankle brace, there was no significant effect on the ROM degree, but there was significant effect on the VAS. The data from the comparison of the significance of both treatments showed that no significant difference between the two.

Keyword: ankle brace, ankle sprain recovery, kinesio taping, sport injury

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