

Hubungan nilai agilitas dan performa fungsional pada atlit sepakbola junior di DKI Jakarta = Correlation between agility score and functional performance in junior soccer athletes in Jakarta

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Abstrak

ABSTRAK

Latar Belakang: Sepakbola merupakan olahraga yang sangat dinamik dan memerlukan keterampilan yang berhubungan dengan komponen kebugaran tubuh antara lain agilitas. Agilitas juga berperan penting dalam pencegahan terjadinya cedera pada seorang atlit sepakbola. Penelitian ini bertujuan untuk mengukur nilai agilitas menggunakan T-Agility Test, nilai performa fungsional menggunakan Laughborough Soccer Passing Test (LSPT) dan hubungan antar keduanya pada atlit sepakbola Junior di DKI Jakarta. Metode: Desain studi potong lintang analitik. Subyek 65 orang atlit sepakbola junior (usia 13.6 ± 1.2 tahun) dari sekolah sepakbola dilakukan pengukuran nilai agilitas dengan T-Agility Test dan performa fungsional dengan LSPT. Hasil: Nilai rerata agilitas atlit dengan T-Agility Test adalah 10.89 ± 0.47 detik. Nilai rerata performa fungsional dengan LSPT adalah 62.26 ± 10.66 detik. Terdapat hubungan positif bermakna antara nilai agilitas dengan performa fungsional ($p < 0.01$ dan $r = 0.483$). Simpulan: Nilai agilitas dan performa fungsional dapat digunakan sebagai data dasar dalam pengembangan atlit dan pencegahan cedera pada atlit sepakbola junior di DKI Jakarta. Korelasi positif bermakna menunjukkan nilai agilitas mempengaruhi kemampuan performa fungsional pada atlit sepakbola junior.

ABSTRACT

Background: Soccer is a very dynamic sport and require skills that correlate with the components of physical fitness including agility. Agility is also important in the prevention of injury in soccer athletes. The aim of this study was to measure agility score using T-Agility test, functional performance using Laughborough Soccer Passing Test (LSPT) and the correlation between them in Junior Soccer Athletes in Jakarta. Methods: Design of this study is cross sectional analysis. Sixty five junior soccer athletes (age 13.6 ± 1.2) from soccer academy were measured in agility score using T-Agility Test and functional performance using LSPT. Results: The agility score using T-Agility Test is 10.89 ± 0.47 second. The functional performance score using LSPT is 62.26 ± 10.66 second. There is a significant positive correlation between agility score with functional performance ($p < 0.01$ and $r = 0.483$). Conclusions: The agility and functional performance score can be use as a basic data for the ability development and injury prevention in junior soccer athletes in Jakarta. The significant positive correlation showed that functional performance in junior soccer athletes is determined by their agility abilities.