

ABSTRAK

Fleksibilitas otot *hamstring* sangat dibutuhkan oleh seorang pemain basket yang menuntut unsur gerakan eksplosif dan cepat seperti dribbling, passing, shooting, rebound, dan pivot, melompat, maupun berlari selama 4 x 10 menit dalam satu pertandingan yang menyebabkan menurunnya performa otot apabila tidak memiliki fleksibilitas otot tungkai yang baik. Tujuan dari penelitian ini untuk mengetahui efektifitas *Foam Roller Massage* dalam meningkatkan fleksibilitas otot *hamstring* pada pemain basket putri srikandi Gianyar. Rancangan penelitian menggunakan *pre- experimental* dengan *design one group pre-test dan post-test*. Variabel bebas dalam penelitian ini adalah *Foam Roller Massage*, variabel terikat adalah fleksibilitas otot *hamstring* yang diukur dengan *V seat and reach test*. Sampel dalam penelitian ini berjumlah 23 orang perempuan berusia 15-18 tahun. Penelitian ini menggunakan uji normalitas *Shapiro wilk test* dan didapatkan hasil nilai signifikan pre-test $p = 0,506$ dan post-test $p = 0.235$ yang berarti data berdistribusi normal. Uji hipotesis menggunakan *paired sampels t-test* didapatkan hasil yang signifikan 0,000 yang menunjukkan adanya pengaruh pemberian Foam Rolling Massage terhadap peningkatan fleksibilitas otot *hamstring*. Dapat disimpulkan bahwa Foam Rolling Massage dapat meningkatkan fleksibilitas otot *hamstring* pada pemain bola basket putri srikandi Gianyar sebanyak 50,58 %.

Kata Kunci: Fleksibilitas otot *hamstring*, *Foam Roller Massage*, *V seat and reach test*, Pemain basket putri.

ABSTRACT

Hamstring muscle flexibility is really needed by a basketball player who demands elements of explosive and fast movements such as dribbling, passing, shooting, rebounding and pivoting, jumping, or running for 4 x 10 minutes in one match which causes decreased muscle performance if you don't have muscle flexibility. good limbs. The aim of this research was to determine the effectiveness of Foam Roller Massage in increasing hamstring muscle flexibility in female basketball players from Srikandi Gianyar. The research design used a pre-experimental design with one group pre-test and post-test. The independent variable in this study was Foam Roller Massage, the dependent variable was hamstring muscle flexibility as measured by the V seat and reach test. The sample in this study consisted of 23 women aged 15-18 years. This research used the Shapiro Wilk normality test and obtained significant pre-test results of $p = 0.506$ and post-test $p = 0.235$, which means the data is normally distributed. Hypothesis testing using paired samples t-test obtained a significant result of 0.000 which shows the effect of giving Foam Rolling Massage on increasing hamstring muscle flexibility. It can be concluded that Foam Rolling Massage can increase hamstring muscle flexibility in Srikandi Gianyar female basketball players by 50.58%.

Keywords: *Hamstring muscle flexibility, Foam Roller Massage, V seat and reach test, Women's basketball players.*