

ABSTRAK

Perkembangan anak melibatkan berbagai aspek, termasuk fisik, motorik, intelektual, moral, emosional, sosial, bahasa, dan kreativitas, dengan beberapa aspek yang memiliki dampak permanen. Kemampuan motorik, yang berkaitan dengan gerakan tubuh, merupakan salah satu aspek kunci. Salah satu permasalahan pada anak sekolah dasar ialah kemampuan fungsional pergelangan kaki pada kondisi telapak kaki rata. Hal tersebut mengakibatkan terjadinya gangguan fungsional dalam melakukan aktifitas dan keseimbangan sehari-hari. Tujuan penelitian ini yaitu untuk mengetahui pengaruh Latihan *Calf raises* terhadap kemampuan fungsional pergelangan kaki pada kondisi telapak kaki rata di usia anak-anak di SDN 4 Sibang Gede. Penelitian ini menggunakan metode *Pre-eksperimental* dengan *One group pre-test* dan *post-test* design. Populasi penelitian berjumlah 60 orang dengan sampel 17 orang yang didapat berdasarkan kriteria penelitian. Alat ukur penelitian menggunakan FAAM (*Foot and Ankle Ability Measure*) dan *Wet Foot Print Test*, Yang bertujuan untuk mengetahui derajat arkus telapak kaki. Adapun hasil analisis data menggunakan T Test yang menunjukkan bahwa terdapat peningkatan yang signifikan setelah diberikan latihan *Calf raises Exercise* ($p < 0,05$). Kesimpulan pada penelitian ini yaitu adanya peningkatan kemampuan fungsional pergelangan kaki dan keseimbangan pada kondisi telapak kaki datar di usia anak-anak di SDN 4 Sibang Gede setelah diberikan latihan *Calf Raises Exercise*.

Kata Kunci : *Kemampuan Fungsional Pergelangan Kaki, Telapak Kaki Datar, Latihan Calf Raises*

ABSTRACT

Child development encompasses a multitude of domains, including physical, motor, intellectual, moral, emotional, social, linguistic, and creative abilities. Some of these domains exert a profound and enduring influence on an individual's future functioning. Motor skills, which pertain to bodily movement, represent a pivotal aspect. One of the issues that affects primary school-aged children is the functional capability of the ankle in those with flat feet. This results in functional impairment with regard to the performance of daily activities and balance. The objective of this study is to ascertain the impact of calf raise exercises on the functional capacity of the ankle in individuals with flat feet at the age of children at SD N 4 Sibang Gede. This study employed a pre-experimental design with one pre-test and post-test. The study population consisted of 60 individuals, with a sample size of 17 based on the research criteria. The research instrument employed was the FAAM (Foot and Ankle Ability Measure) in conjunction with the Wet FootPrint Test. The objective is to ascertain the degree of curvature in the feet. The results of the data analysis using the T-test demonstrated a statistically significant increase following the administration of the calf raises exercise ($p < 0.05$). The findings of this study indicate that the functional ability of the ankle in children with flat feet at SD N 4 Sibang Gede exhibited a notable enhancement following the implementation of the calf raises exercise.

Keywords: *Functional Ability of the Ankle, Flat Foot, Calf Raises Exercise*