

## ABSTRAK

### PERBEDAAN EFEKTIVITAS TEKNIK *EFFLEURAGE* DAN *PETRISSEGE* TERHADAP PENINGKATAN *RANGE OF MOTION* PADA SENDI BAHU MAHASISWA PENDIDIKAN JASMANI UNSOED

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**Latar Belakang:** Manipulasi *effleurage* adalah gerakan menggosok jaringan kulit atau otot yang dilakukan di area tertentu. Sedangkan manipulasi *petrissage* yaitu gerakan memijat area otot tertentu yang dapat dilakukan dengan kedua tangan. Kedua manipulasi ini dapat digunakan untuk meningkatkan ruang gerak sendi bahu.

**Metodologi:** Metode penelitian ini adalah *quasi experimental* dengan rancangan *two group pre test and post test design*. Teknik pengambilan sampel menggunakan purposive sampling sebanyak 20 orang mahasiswa laki-laki Jurusan Pendidikan Jasmani yang kemudian dibagi menjadi kelompok A (*Effleurage*) dan kelompok B (*Petrissage*). Teknik analisis data menggunakan uji *paired t-test* dan *independent t-test*.

**Hasil Penelitian:** Berdasarkan hasil analisis data menunjukkan; 1) Hasil uji *paired t-test* menunjukkan nilai signifikansi dari *effleurage* sebesar 0.003 dengan 0.002 (gerakan *fleksi*), 0.000 (gerakan *ekstensi*), 0.007 (gerakan *abduksi*), 0.001 (gerakan *adduksi*), 0.001 (gerakan *eksorotasi*), dan 0.003 (gerakan *endorotasi*), 2) Hasil uji *paired t-test* menunjukkan nilai signifikansi dari *petrissage* sebesar 0.000 dengan 0.013 (gerakan *fleksi*), 0.013 (gerakan *ekstensi*), 0.014 (gerakan *abduksi*), 0.003 (gerakan *adduksi*), 0.006 (gerakan *eksorotasi*), dan 0.021 (gerakan *endorotasi*), dan 3) Hasil uji *independent t-test* menunjukkan nilai signifikansi dari *range of motion* sebesar 0.000 dengan 0.036 (gerakan *fleksi*), 0.039 (gerakan *ekstensi*), 0.037 (gerakan *abduksi*), 0.001 (gerakan *adduksi*), 0.032 (gerakan *eksorotasi*), dan 0.001 (gerakan *endorotasi*).

**Kesimpulan:** Berdasarkan interpretasi data penelitian maka dapat disimpulkan sebagai berikut; 1) Pemberian manipulasi *effleurage* pada sendi bahu efektif meningkatkan *range of motion* pada mahasiswa laki-laki Jurusan Pendidikan Jasmani Unsoed, 2) Pemberian manipulasi *petrissage* pada sendi bahu efektif meningkatkan *range of motion* pada mahasiswa laki-laki Jurusan Pendidikan Jasmani Unsoed, 3) Terdapat perbedaan efektivitas antara teknik *effleurage* dan *petrissage* terhadap peningkatan *range of motion* pada sendi bahu mahasiswa Jurusan Pendidikan Jasmani Unsoed, 4) Pemberian manipulasi *petrissage* lebih efektif untuk meningkatkan *range of motion* pada sendi bahu daripada manipulasi *effleurage*.

**Kata kunci:** *effleurage, petrissage, range of motion*

## ABSTRACT

### THE DIFFERENCES IN EFFLEURAGE AND PETRISSAGE BASIC EFFECTIVENESS AGAINST INCREASING THE RANGE OF MOTION IN THE JOINT UNSOED PHYSICAL EDUCATION STUDENTS

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**Background:** Effleurage manipulation is a movement of rubbing skin or muscle tissue in a certain area. Meanwhile, petrissage manipulation is a movement to massage certain muscle areas that can be done with both hands. Both of these manipulations can be used to increase the range of motion of the shoulder joint.

**Methodology:** This research method is a quasi experimental design with two group pre test and post test design. The sampling technique used purposive sampling as many as 20 male students of the Department of Physical Education who were then divided into group A (*Effleurage*) and group B (*Petrissage*). The data analysis technique used paired t-test and independent t-test.

**Research Results:** Based on the results of data analysis, it shows; 1) The paired t-test results show the significance value of the effleurage of 0.003 with 0.002 (flexion movement), 0.000 (extension movement), 0.007 (abduction movement), 0.001 (adduction movement), 0.001 (excorotation movement), and 0.003 (movement endorotation), 2) The paired t-test results showed the significance value of petrissage of 0.000 with 0.013 (flexion movement), 0.013 (extension movement), 0.014 (abduction movement), 0.003 (adduction movement), 0.006 (exorotation movement), and 0.021 (endorotation movement), and 3) The results of the independent t-test showed the significance value of the range of motion of 0.000 with 0.036 (flexion movement), 0.039 (extension movement), 0.037 (abduction movement), 0.001 (adduction movement), 0.032 (exorotation movement), and 0.001 (endorotation movement).

**Conclusion:** Based on the interpretation of research data, it can be set aside as follows; 1) Administration of effleurage manipulation in the shoulder joint effectively increases the range of motion of male students of the Unsoed Physical Education Department, 2) Giving petrissage manipulation to the shoulder joint effectively increases the range of motion in male students of the Unsoed Physical Education Department, 3) the strength of the effleurage technique and petrissage to increase the range of motion in the shoulder joints of Unsoed Physical Education students, 4) Petrissage manipulation is more effective at increasing the range of motion in the shoulder joint than effleurage manipulation.

**Keywords:** *effleurage, petrissage, range of motion*