

ABSTRAK

ARFIAN FANNY PURILAWA: Efektifitas Pemanasan Terhadap Pengurangan Tingkat Resiko Cedera Anggota Komunitas Sepeda Gunung Paker *Cycling Community* di Yogyakarta. **Skripsi.**

Yogyakarta: Program Studi Ilmu Keolahragaan – FKIP – UMBY, 2021

Penelitian ini bertujuan untuk mengetahui pengaruh efektifitas pemanasan terhadap resiko cedera pada komunitas sepeda Paker *Cycling Community* di Bantul, Yogyakarta.

Penelitian ini menggunakan pendekatan kuantitatif *survey*. Metode yang digunakan yaitu *quasi experiment* dengan tipe tes awal – tes akhir kelompok tunggal (*the one group pretest posttest design*). Populasi dalam penelitian ini sejumlah 30 orang dan seluruhnya dijadikan anggota sample (*total sampling*) dalam penelitian ini. Data diperoleh dari instrument kuisioner yang telah melalui tahap uji validitas menggunakan korelasi *product moment* dan uji reliabilitas instrument menggunakan *alpha cronbach*. Skor item tiap butir tes menggunakan skala likert. Teknik analisis data menggunakan teknik statistik deskriptif untuk menunjukkan karakteristik variabel penelitian dan teknik statistik *Wilcoxon* untuk menguji hipotesis.

Berdasarkan *output test statistic* diketahui *Asymp.Sig (2-tailed)* bernilai 0,000. Karena nilai 0,000 lebih kecil dari $< 0,05$, maka dapat disimpulkan bahwa “ H_a diterima dan H_0 ditolak. Artinya ada perbedaan antara hasil nilai pretest dan posttest. Sehingga dapat disimpulkan bahwa “Ada pengaruh efektifitas pemanasan terhadap pengurangan resiko cedera anggota komunitas sepeda gunung Paker *Cycling Community* di Bantul Yogyakarta.

Kata kunci: **pemansana, cedera, sepeda, community**

ABSTRACT

ARFIAN FANNY PURILAWA: *Effectiveness of Heating on Reducing Injury Risk Levels for Members of the Paker Mountain Bike Community in Yogyakarta. Essay. Yogyakarta: Sport Science Study Program – FKIP – UMBY, 2021*

This study aims to determine the effect of heating effectiveness on the risk of injury to the Paker Cycling Community bicycle community in Bantul, Yogyakarta.

This study uses a quantitative survey approach. The method used is a quasi-experimental type of initial test - single group final test (the one group pretest posttest design). The population in this study were 30 people and all of them were used as members of the sample (total sampling) in this study. The data were obtained from the questionnaire instrument which had passed the validity test phase using product moment correlation and the instrument reliability test using Cronbach alpha. The item score of each test item uses a Likert scale. Data analysis techniques used descriptive statistical techniques to show the characteristics of research variables and Wilcoxon statistical techniques to test hypotheses.

Based on the statistical test output, it is known that Asymp.Sig (2-tailed) is worth 0.000. Because the value of 0.000 is smaller than <0.05 , it can be concluded that "Ha is accepted and H0 is rejected. This means that there is a difference between the results of the pretest and posttest scores. So it can be concluded that "There is an effect of the effectiveness of heating on reducing the risk of injury to members of the Paker Cycling Community mountain bike community in Bantul, Yogyakarta.

Keywords: warming up, injury, bicycle, communi

