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Zakiyatul Dwi Fitrianti
Prodi Fisioterapi

**HUBUNGAN *FLAT FOOT* TERHADAP KESEIMBANGAN
STATIS DAN DINAMIS PADA PEMAIN BOLA BASKET DI
SMA**

SKRIPSI



**Diajukan Sebagai Salah Satu Syarat
Untuk Memperoleh Gelar Sarjana Fisioterapi**

Oleh

ZAKIYATUL DWI FITRIANTI

202210490311124

**PROGRAM STUDI S1 FISIOTERAPI
FAKULTAS ILMU KESEHATAN UNIVERSITAS
MUHAMMADIYAH MALANG**

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Disusun Oleh:

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202210490311124

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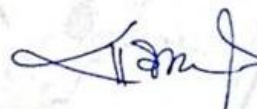
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Judul Penelitian : Hubungan Flat Foot terhadap Keseimbangan Statis dan Dinamis pada Pemain Bola Basket di SMA

Dengan ini menyatakan bahwa telah menyelesaikan Tugas Akhir Mahasiswa Program Studi S1 Fisioterapi Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang dalam bentuk penulisan skripsi. Penulisan ini benar adanya hasil karya sendiri tanpa adanya pengambilan tulisan atau pemikiran orang lain.

Apabila dikemudian hari penelitian ini dianggap telah melakukan plagiasi karya tulis, maka saya bersedia menerima konsekuensi atas perbuatan tersebut. Demikian surat pernyataan ini dibuat, atas perhatiannya saya sampaikan terima kasih.

Malang, ... Januari 2026

Yang membuat pernyataan



Zakiyatul Dwi Fitrianti
Zakiyatul Dwi Fitrianti

CORRELATION BETWEEN FLAT FOOT AND STATIC AND DYNAMIC BALANCE IN HIGH SCHOOL BASKETBALL PLAYERS

ABSTRACT

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Objective: To determine the relationship between flat feet and static and dynamic balance in high school basketball players.

Methods: This study was an observational analytical study using a cross-sectional approach. The total sample in this study was 33 people, consisting of 17 male respondents and 16 female respondents, who were selected using purposive sampling. Flat feet data were measured using the Navicular Drop Test and Clarke's Angle, while static balance was measured using the Single Leg Stance Test and dynamic balance using the Y Balance Test.

Results: Hypothesis testing using the Independent T Test and Mann Whitney found no relationship between flat feet and open-eye static balance ($p = 0.574$; $(p > 0.05)$) and a relationship between flat feet and closed-eye static balance and dynamic balance ($p = 0.000$; $(p < 0.05)$).

Conclusion: There was no relationship between flat feet and static balance with eyes open, but there was a relationship between flat feet and static balance with eyes closed and dynamic balance.

Keywords: Postural balance, flat feet, basketball

HUBUNGAN *FLAT FOOT* TERHADAP KESEIMBANGAN STATIS DAN DINAMIS PADA PEMAIN BOLA BASKET DI SMA

ABSTRAK

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Tujuan: Untuk mengetahui hubungan *flat foot* terhadap keseimbangan statis dan dinamis pemain bola basket di SMA.

Metode: Jenis penelitian ini adalah observasional analitik dengan pendekatan *cross sectional*. Total sampel dalam penelitian ini adalah 33 orang dengan 17 responden laki-laki dan 16 responden perempuan yang diambil dengan cara *purposive sampling*. Data *flat foot* diukur menggunakan *Navicular Drop Test* dan *Clarke's Angle*, sedangkan keseimbangan statis menggunakan *Single Leg Stance Test* serta keseimbangan dinamis menggunakan *Y Balance Test*.

Hasil: Uji hipotesis menggunakan *Independent T Test* dan *Mann Whitney* mendapatkan hasil tidak terdapat hubungan *flat foot* terhadap keseimbangan statis mata terbuka ($p = 0,574$; ($p > 0.05$)) dan terdapat hubungan *flat foot* terhadap keseimbangan statis mata tertutup dan keseimbangan dinamis ($p = 0,000$; ($p < 0.05$)).

Kesimpulan: Tidak terdapat hubungan *flat foot* terhadap keseimbangan statis mata terbuka dan terdapat hubungan *flat foot* terhadap keseimbangan statis mata tertutup serta keseimbangan dinamis.

Kata Kunci: Keseimbangan postur, *flat foot*, bola basket

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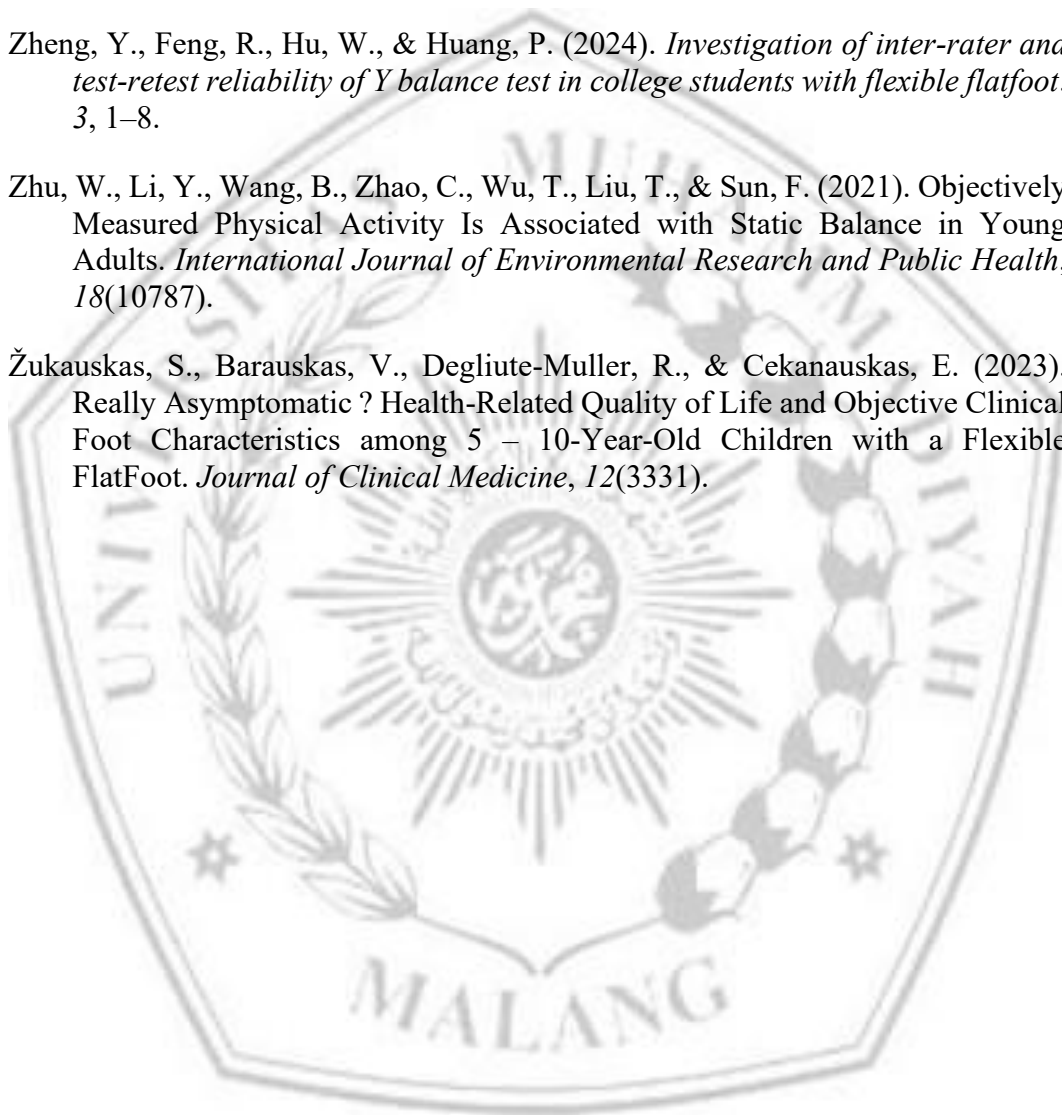
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Zakiyatul Dwi Fitrianti
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HASIL DETEKSI PLAGIASI



Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Program Studi S1 Fisioterapi Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang, pada karya ilmiah mahasiswa di bawah ini :



Nama : Zakiyatul Dwi Fitrianti
NIM : 202210490311124
Program Studi : S1 Fisioterapi
Judul Naskah : Pengaruh Flat Foot Terhadap Keseimbangan Statis dan Dinamis Pada Pemain Bola Basket di SMA
Jenis Naskah : Skripsi / Artikel Ilmiah
Keperluan : Mengikuti Ujian Seminar Hasil Skripsi
Hasilnya dinyatakan : Memenuhi Syarat

No	Jenis Naskah	Maksimum Kesamaan	Hasil Deteksi
1	Bab 1 (Pendahuluan)	10 %	2%
2	Bab 2 (Tinjauan Pustaka)	25%	0%
3	Bab 3 & 4 (Kerangka konsep & metodologi)	13%	0%
4	Bab 5 & 6 (Hasil & Pembahasan)	5%	0%
5	Bab 7 (Kesimpulan & Saran)	5%	0%
6	Artikel Ilmiah	15 %	%

Keputusannya : Dapat melaksanakan seminar hasil skripsi

Malang, 5 Januari 2026

Tim Deteksi Plagiasi Prodi Fisioterapi FIKES



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