

Summary

EFFECT OF PROGRESSIVE RELAXATION TO REDUCE ACID LAKTAT AT ATTACHMENT OF SEPAKBOLA DKI JAKARTA U-14 SISTER CITY IN 2017

ABSTRACT

This thesis research aims to determine the effect of progressive relaxation to reduce lactic acid levels in Jakarta Football Athletes U-14 Year Sister City Year 2017.

This research was conducted in four different places, namely Field Banteng, Gor Sunter, Campus B State University of Jakarta, and Gor Simprug Jakarta from April 18 to April 25, 2017. The method used is pre experiment method "one group pre-test post-test Design ". With sampling technique total sampling which amounted to 15 people. The data analysis technique used is t-test

The results showed that progressive relaxation had significant effect on decreasing lactic acid level in Jakarta 14-year-old football athlete with calculation result which mean different mean (M_D) 3,66 with different deviation standard (SD_D) 1,36. Data analysis technique used is statistical technique with T-test at significant level $\alpha = 0.05$ data analysis technique used is T-Test analysis at 5% significant level. The final test data on the effect of progressive relaxation on the decrease in pulse rate was t-calculated = 8.413 (t-count = 8.413 > t-table = 1.761).

Keywords: Progressive Relaxation, Lactic Acid