



**A COMPARISON BETWEEN THE EFFECTIVENESS OF TWO DIFFERENT
METHODS OF STRETCHING ON IMPROVEMENT OF RANGE OF
MOTION (ROM), MUSCULAR STRENGTH AND AGILITY AMONG
NETBALL PLAYERS IN SMK JALAN KEBUN, SEKSYEN 32, SHAH ALAM,
SELANGOR.**

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DECLARATION

“I hereby declare that the work of this thesis is mine except for quotations and summaries, which have been duly acknowledged.”



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ABSTRACT

Some people support the idea that PNF stretching is more effective and significant enhancements to the physical attributes of athletes. This perception exists because there is a tendency among the players who use the PNF has significant physical ability from players who use other ways of stretching. Therefore, this study has involved 16 netball players from SMK Jalan Kebun, Section 32, Shah Alam, Selangor as the subject. The subjects consisted of 8 players using PNF stretching and 8 other players are using static stretching. The tests used are flexibility, endurance and agility test. This study was conducted to examine the difference and improvement between the two groups that using the different way of stretching. The results showed that there were significant differences in the PNF stretching while the group that using PNF stretching has a significant improvement over the group that using static stretching.

ABSTRAK

Sesetengah orang menyokong beberapa pendapat bahawa regangan PNF mempunyai keberkesanan dan peningkatan yang ketara terhadap keupayaan fizikal atlet. Persepsi ini wujud kerana terdapat kecenderungan dalam kalangan pemain yang menggunakan PNF mempunyai keupayaan fizikal yang ketara berbanding pemain yang menggunakan cara regangan lain. Oleh itu, kajian ini dijalankan dan telah melibatkan 16 orang pemain bola jaring dari SMK Jalan Kebun, Seksyen 32, Shah Alam sebagai subjek. Subjek terdiri daripada 8 pemain yang menggunakan regangan PNF dan 8 pemain lagi menggunakan regangan statik. Ujian yang digunakan adalah ujian kelenturan, daya tahan otot dan ketangkasan. Kajian ini dijalankan adalah untuk mengkaji perbezaan peningkatan dan keberkesanan di antara dua kumpulan yang menggunakan cara regangan yang berbeza. Hasil kajian menunjukkan bahawa terdapat perbezaan yang signifikan di dalam cara regangan PNF. Kumpulan yang menggunakan cara regangan PNF mempunyai peningkatan yang ketara berbanding kumpulan yang menggunakan cara regangan statik.