

UNIVERSITI TEKNOLOGI MARA

**THE ONSET EFFECT OF
PROPRIOCEPTIVE
NEUROMUSCULAR FACILITATION
(PNF) ON PEAK POWER AMONG
ADOLESCENT FOOTBALL PLAYER**

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ABSTRACT

As we know, football can be considered as the most popular sport in the world. Football is a team sport and they played between two teams of eleven with a spherical ball. In other words, leg extensor power ability is a very important factor for performance, especially in sports such as basketball, football, volleyball, and other sports which require too many explosive actions. The purpose of this study is to measure the effectiveness of PNF stretching towards peak power for adolescent football players. A total of 25 (N=25) players of SMK Seri Ampangan adolescent football players (mean±SD of age, 13.32 ± .476, mean±SD of height, 155.88±8.238 and mean±SD weight, 43.36±8.123) were selected via purposive sampling participated in this study. Paired sample t-test were used to measure the differences between pre-post on lower limb peak power before and after PNF stretching. Finding from this study for pre m = 5151(237) post m= 5309 (229.2) mean different pre post = 157.8 (262.5). Thus, this study finding reject null hypothesis effect of onset PNF stretching on peak power production among adolescent football players. Therefore, this conclude PNF stretching can improve the peak power production among the adolescent football players.

Keywords –PNF, Peak Power, Adolescent football player

TABLE OF CONTENTS

	Page
DECLARATION	i
LETTER OF TRANSMITTAL	ii
AFFIRMATION	iii
ACKNOWLEDGMENT	iv
ABSTRACT	v
TABLE OF CONTENT	vi
LIST OF TABLES	x
LIST OF FIGURES	xi
CHAPTER ONE - INTRODUCTION	
1.1 Background of The Study	1
1.2 Statement of The Problem	2
1.3 Objectives	3
1.4 Hypothesis	4
1.5 Significance of the study	4
1.5.1 Student	4
1.5.2 Teacher	4
1.6 Limitation	5
1.6.1 Maturation	5
1.6.2 Experimental Mortality	5

1.7	Delimitations	
1.7.1	Peak Power	6
1.7.2	PNF Stretching	6
1.8	Operational of Terminology	
1.8.1	Stretching	6
1.8.2	Peak Power	6
1.8.3	Contract-Relax Technique	7
1.8.4	Hold-Relax Technique	7
 CHAPTER TWO – LITERATURE REVIEW		
2.0	Introduction	8
2.1	Football	8
2.1.1	Peak Power	9
2.2	Type of Stretching	
2.2.1	Static Stretching	10
2.2.2	Dynamic Stretching	12
2.2.3	PNF Stretching	13
2.3	Development of Framework	15
2.4	Framework	17

CHAPTER THREE – METHODOLOGY

3.1	Introduction	18
3.2	Research Design	18
3.3	Data Collection Procedure	19
3.4	Sampling Technique	20
3.5	Instrumentation	21
	3.5.1 Vertec Vertical Jump Device	21
	3.5.2 Sayers Formula	22
	3.5.3 Intervention Programme	23
3.6	Data Analysis	28
3.7	Analysis Procedure	28

CHAPTER FOUR – DATA COLLECTION AND RESULTS

4.1	Introduction	29
4.2	Subject Characteristic	29
4.3	Testing Data Normality	31
4.4	Analysis of PNF Stretching on Peak Power Testing	
	4.4.1 Analysis of mean difference between pre and post Testing to test the PNF stretching on peak power testing	35
4.5	Summary	36

CHAPTER FIVE – DISCUSSION, CONCLUSION AND RECOMMENDATION

5.1	Introduction	37
5.2	Discussion	38
5.3	Conclusion	42
5.4	Recommendation	43
	5.3.1 Increase Sample Size	43