

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF K-TAPE USAGE ON STANDING BROAD
JUMP TEST AND SELF-PERCEPTION OF PERFORMANCE
TOWARD RUGBY PLAYERS**

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ABSTRACT

The purpose of this study is to investigate the effect of kinesiotape usage on standing broad jump and self-perception of performance towards rugby players. A total of nineteen subjects (N=19) from Sekolah Menengah Sultan Yahya Petra 1 and the range of age between 16-18 years old were selected through purposive sampling. The study compared the differences between standing broad jump performance with and without K-tape. Sample Paired T-test was used as this study included pre and post-test using the group of subject. During pre-test, all subject performed two trial standing broad jump tests without application of K-tape. After minimum intervention of 15 minutes, they performed the same test with the application of K-tape. Based on the sample Paired T-Test result, there was no significant difference between standing broad jump performance without and standing broad jump performance with K-tape ($M = 0.7368$, $SD = 0.20670$), ($t(18) = 1.554$, $p = 0.138$). Regarding the self-perception of performance about their belief on the K-tape usage most all the rugby players feels neutral on the speed, jump performance and usage for the edge competitive competition. However, they tend to use the K-tape for the further athletic competition and for the rest part of the body. Thus, the result of the total mean score for the self-perception of performance questionnaire are with the mean 3.4526 ($SD = 0.26535$) and there are weak, positive correlation where ($r = 0.274$) between two variable of standing broad jump and self-perception of performance questionnaire score. To conclude, this finding suggest K-tape does not enhances performance on standing broad jump tests towards rugby players and it does give positive psychology effects for them to perform better.

Keywords : *Kinesiotape, Quadriceps, Standing Broad Jump, Self-Perception Of Performance, Rugby players*