

UNIVERSITI TEKNOLOGI MARA

**THE COMPARISON OF DYNAMIC STRETCHING AND
SELF-MYOFASCIAL RELEASE EFFECTIVENESS
ON EXPLOSIVE POWER**

By

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ABSTRACT

Our contemporary athletes exclusively, the ones that use leg power as their sport are persistently looking for new methods that will be helpful in improving their performance and aiming their objective. Those athletes who have the ability to produce more of this explosive force, or power, generally excel. Stretching is recommended as a one way to avoid the athlete from injury and at the same time can help to improve the range of motion. There were 30 female adolescent between ages of 13 and 18 who participated (15.27 ± 1.60 years old) were tested for explosive power performance using standing long jump test after different stretching protocol had done. Prior to each stretching, 5 minute warm up was performed. The sampling technique used is purposive sampling. Rest interval for each stretching is 72 hours to avoid the data interfere by fatigue. The findings of this study showed that significant differences in explosive power scoring measurements were achieved compared between dynamic stretching (167.53 ± 18.60 cm) and no stretching (158.58 ± 17.64 cm) also dynamic stretching and self-myofascial release (157.87 ± 17.48 cm). Meanwhile, there is no significant differences between no stretching and self-myofascial release. The mean protocol score in order from fastest to slowest is dynamic stretching, no stretching and followed by self-myofascial release. Therefore, the null hypothesis for dynamic stretching and no stretching, also dynamic stretching and self-myofascial release were rejected. But, the null hypothesis between no stretching and self-myofascial release was accepted. Therefore, the dynamic stretching is the most effective stretching compared to no stretching and self-myofascial release.