

# **TESTING THE EFFECTIVENESS OF THE NORDIC HAMSTRING EXERCISE (NHE) PROGRAM AS PROGRAM FOR THE PREVENTION OF TRAIN INJURY IN YOUTH FOOTBALL PLAYERS**

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## **ABSTRACT**

Objectives : This study aims to test the effectiveness of the NHE program for young soccer coaches and players in Indonesia as: (a) Program to reduce the incidence of hamstring injury/hamstring injury prevention program and (b) Program to increase hamstring muscle strength/Hamstring strengthening program. . The output of this research will produce (a) in the form of an NHE training program guide (b) Publications at reputable international seminars (c) Publications in reputable indexed international journals (d) MoA manuscripts in cooperation with partners. Research Methods: This study uses the TRIPP (Translating Research Injury Prevention in Practice) model which is a specific research & development method in injury prevention research in the sports field. At this stage, field testing is carried out in an ideal (controlled) situation to assess the effect of the NHE program in Indonesia as a program to prevent hamstring injuries and increase hamstring muscle strength. In the first year, an evaluation of the effectiveness of NHE in increasing hamstring muscle strength was carried out through an experimental study design of 2 groups. The steps taken are as follows: (1) Preparation of the Indonesian version of the NHE training guide (2) Selection of research samples in Yogyakarta and Surabaya at youth football academies (2) Pre-test data collection in the experimental and control groups (3) Research intervention 2-3 times/week for 12 weeks (4) Collecting final/post-test data for both groups (5) Analysis of NHE data (6) Drafting of MoA Cooperation with Partners (7) Publication through international seminars and reputable journal articles. Additional outputs are in the form of MoA Manuscripts between LPPM and Partners. Current TKT = 5. Description of current TKT (1) Data reliability has improved significantly =100% (2) Data is sufficient and meets the requirements for further analysis =80% (3) Preliminary analysis with complete data has been carried out =80% . (4) Data is integrated for analysis of conclusion = 100% (5) Progress report (preliminary analysis has been generated) and draft output has been prepared = 100%. The target for the final TKT of the research = 6. Ready to proceed to the development research stage (TKT = 7-9).

Kata Kunci: *Hamstring, football, young age, injury, prevention*