

DAFTAR PUSTAKA

- Academy, S. (2025). *Lunge*. <https://stbadmintonacademy.my/id/the-best-badminton-back-braces-for-support-and-stability/>
- Ajemba, M. N., & Arene, E. C. (2022). *Ensuring ethical approach to research*. 4–8.
- Andriyan, Mahmud Yunus, & Heri Purnama Pribadi. (2023). Pengaruh Latihan Box Jump, Box Shuffle, Dan Squat Jump Terhadap Kekuatan Otot Tungkai Pada Atlet Ukm Badminton Universitas Negeri Malang. *Journal Sport Science Indonesia*, 2(2), 201–209. <https://doi.org/10.31258/jassi.2.2.201-209>
- Behm, D. G., Zemková, E., & Kováč, Z. (2023). *Sport-specific training induced adaptations in postural control and their relationship with athletic performance*. January. <https://doi.org/10.3389/fnhum.2022.1007804>
- Bravo-romero, D. (2023). *Estabilidad dinámica de miembros inferiores y estabilidad central en basquetbolistas con y sin discapacidad auditiva*. 176–180. <https://doi.org/10.18633/biotecnia.v25i2.1925>
- Budi. (2022). *Pukulan Smash*. <https://www.materiolahraga.com/p/daftar-isi.html>
- Bukowski, E. L. (2006). Clinical Kinesiology and Anatomy, ed 4. In *Physical Therapy* (Vol. 86, Issue 12). <https://doi.org/10.2522/ptj.2006.86.12.1715.1>
- Characteristics, K. E. Y., & Autonomy, O. F. (2024). *Non Maleficence, Justice And Privacy Principles In Medical Law*. 663–674.
- Comparison, N. P., Li, F., Li, S., Zhang, X., & Shan, G. (2023). *applied sciences Biomechanical Insights for Developing Evidence-Based Training Programs : Unveiling the Kinematic Secrets of the Overhead Forehand Smash in Badminton through*.
- Consulting, P. F. (2021). *How pharmacists can help heal democracy in America*. 78(6), 525–526. <https://doi.org/10.1093/ajhp/zxaa435>
- CORDUN, M., & ROȘU, B. (2022). Sebt and Ybt Dynamic Balance Tests. *Studia Universitatis Babeș-Bolyai Educatio Artis Gymnasticae*, 30(2), 17–30. [https://doi.org/10.24193/subbeag.67\(2\).10](https://doi.org/10.24193/subbeag.67(2).10)
- Donahue, P. T., Hill, C. M., Wilson, S. J., Williams, C. C., & Garner, J. C. (2021). *Squat Jump Movement Onset Thresholds Influence on Kinetics and Kinematics*. c.
- Fahmeyzan, D., Soraya, S., & Etmy, D. (2018). Uji Normalitas Data Statistik. *Jurnal VARIAN*, 2(1), 31–36.
- Fu, L., Ren, F., & Baker, J. S. (2017). Comparison of Joint Loading in Badminton Lunging between Professional and Amateur Badminton Players. *Applied Bionics and Biomechanics*, 2017. <https://doi.org/10.1155/2017/5397656>
- Fukutani, A., Isaka, T., & Herzog, W. (2021). Evidence for Muscle Cell-Based Mechanisms of Enhanced Performance in Stretch-Shortening Cycle in Skeletal Muscle. *Frontiers in Physiology*, 11(January). <https://doi.org/10.3389/fphys.2020.609553>

- Ghorpade, O. S., Rizvi, M. R., Sharma, A., Almutairi, H. J., & Ahmad, F. (2024). *Enhancing physical attributes and performance in badminton players : efficacy of backward walking training on treadmill.*
- Gribble, P. A., Kelly, S. E., Refshauge, K. M., & Hiller, C. E. (2013). Interrater reliability of the Star Excursion Balance Test. *Journal of Athletic Training*, 48(5), 621–626. <https://doi.org/10.4085/1062-6050-48.3.03>
- Guermont, H., & Drigny, J. (2021). *Epidemiology of Injuries in Elite Badminton Players : A Prospective Study.* 31(6), 2020–2022.
- Hamid, A., & Aminuddin, M. (2019). Pengaruh Latihan Footwork Terhadap Agility Pada Pemain Bulutangkis Pbsi Tanah Laut Usia 12-15. *Multilateral Jurnal Pendidikan Jasmani Dan Olahraga*, 18(1), 51–55. <https://doi.org/10.20527/multilateral.v18i1.6568>
- Hiremath, S. K., D'souza, G. S., & Tagimaucia, V. (2025). Electromyographic analysis of core muscle activity during variations of abdominal exercises. *Journal of Physical Education and Sport*, 25(1), 175–185. <https://doi.org/10.7752/jpes.2025.01020>
- Hung, M., Chang, C., Lin, K., Hung, C., & Ho, C. (2020). *The Applications of Landing Strategies in Badminton Footwork Training on a Backhand Side Lateral Jump Smash.* 73(July), 19–31. <https://doi.org/10.2478/hukin-2020-0002>
- Hyoung, Hyoung; Kim, J. H. (2014). Test of Intrarater and Interrater Reliability for the SEBT. *The Society of Physical Therapy Science*, 26(8), 1139–1141.
- Ibrahim, H. (2021). *The Effect of Core Stability Training on Dynamic Balance and Smash Stroke Performance in Badminton Players - An Evidence Based Study.* 6(September), 93–98.
- Ireland, N. (2021). *Accelerating vaccine trials.* 482–483.
- Jailani, Ms., Jeka, F., & Negeri Sulthan Thaha Saifuddin Jambi, U. (2022). *Pengertian Populasi (Kuantitatif) Menurut Ahli.* 7, 26320–26332.
- Jaworski, J., Lech, G., Żak, M., Witkowski, K., & Piepiora, P. (2023). *Relationships between selected indices of postural stability and sports performance in elite badminton players : Pilot study.* March, 1–9. <https://doi.org/10.3389/fpsyg.2023.1110164>
- Kanko, L. E., Birmingham, T. B., Bryant, D. M., Gillanders, K., Lemmon, K., Chan, R., Postic, M., & Giffin, J. R. (2019). The star excursion balance test is a reliable and valid outcome measure for patients with knee osteoarthritis. *Osteoarthritis and Cartilage*, 27(4), 580–585. <https://doi.org/10.1016/j.joca.2018.11.012>
- Kozin, S., Cretu, M., Kozina, Z., Charnozub, A., Ryepko, O., Shepelenko, T., Sobko, I., & Oleksiuk, M. (2021). Application closed kinematic chain exercises with eccentric and strength exercises for the shoulder injuries prevention in student rock climbers: A randomized controlled trial. *Acta of Bioengineering and Biomechanics*, 23(2). <https://doi.org/10.37190/ABB-01828-2021-01>

- Lam, W. K., Wong, D. W. C., & Lee, W. C. C. (2020). Biomechanics of lower limb in badminton lunge: a systematic scoping review. *PeerJ*, 8. <https://doi.org/10.7717/peerj.10300>
- Lesinski, M., Prieske, O., & Granacher, U. (2016). *Effects and dose – response relationships of resistance training on physical performance in youth athletes: a systematic review and meta-analysis*. 781–795. <https://doi.org/10.1136/bjsports-2015-095497>
- Li, A., Zhang, H., Peng, C., & Wu, Y. (2025). *Can weekly frequency of plyometric training impair strength and power? A short-term comparison in regional-level jump athletes*. September, 1–11. <https://doi.org/10.3389/fphys.2025.1671750>
- Lin, C., Wu, C. C., Tsogt, K., Ouyang, Y. C., & Chang, C. I. (2015). Effects of atmospheric correction and pansharpening on LULC classification accuracy using WorldView-2 imagery. *Information Processing in Agriculture*, 2(1), 25–36. <https://doi.org/10.1016/j.inpa.2015.01.003>
- Liu, X., Imai, K., Zhou, X., & Watanabe, E. (2019). *Influence of Ankle Injury on Subsequent Ankle, Knee, and Shoulder Injuries in Competitive Badminton Players Younger Than 13 Years*. 1–6. <https://doi.org/10.1177/23259671221097438>
- Ma, S., Soh, K. G., Japar, S. B., Liu, C., Luo, S., Mai, Y., Wang, X., & Zhai, M. (2024a). Effect of core strength training on the badminton player's performance: A systematic review & meta-analysis. *PLoS ONE*, 19(6 June). <https://doi.org/10.1371/journal.pone.0305116>
- Ma, S., Soh, K. G., Japar, S. B., Liu, C., Luo, S., Mai, Y., Wang, X., & Zhai, M. (2024b). Effect of core strength training on the badminton player's performance: A systematic review & meta-analysis. *PLoS ONE*, 19(6 June), 1–22. <https://doi.org/10.1371/journal.pone.0305116>
- Macwan, N. S., & Kogje, Y. (2024). Influence on Strengthening Core Muscles in Healthy Individuals Using Stable and Unstable Surface Exercise Training: A Comparative Study Protocol. *Current Progress in Arts and Social Studies Research Vol. 4, January*, 49–64. <https://doi.org/10.9734/bpi/cpassr/v4/1740>
- Magdalena, M., Lina, R. K., & Trioclarise, R. (2023). *Pengaruh Intervensi Core Stability Exercise Terhadap Keseimbangan Dinamis Pemain Basket Di Smp Negeri 152 Jakarta Tahun 2023*. 03(02), 31–39.
- Maudrich, T., Körner, S., Zimmer, J., & Ragert, P. (2021). *Effects of Short-Term Dynamic Balance Training on Postural Stability in School-Aged Football Players and Gymnasts*. 12(November). <https://doi.org/10.3389/fpsyg.2021.767036>
- Moreno, F. J. (2022). *Postural control strategies are revealed by the complexity of fractional components of COP*.
- Muladi. (2018). *Pengaruh Core Stability Exercise Terhadap Peningkatan Kekuatan Otot Perut Dan Keseimbangan*. 7–19.
- Multani, G. K., Sutar, A., Nikhade, N., & Ghodey, S. (2019). Effect of core strengthening on cardiovascular fitness and flexibility in obese individuals:

- experimental study. *International Journal Of Community Medicine And Public Health*, 6(5), 2235. <https://doi.org/10.18203/2394-6040.ijcmph20191850>
- Neptune, R. R. (2019). *Dynamic Balance During Human Movement : Measurement and Control Mechanisms*. 1–10. <https://doi.org/10.1115/1.4042170>
- Niyamathullah, M. shahid N., Muthukumaran JothilingaM, Ramana K, Andrew Anbarason. J. P, & Dhamodharan J. (2025). The Effectiveness of Plyometric Training and Core Stability Training on Dynamic Balance and Lower Body Power in Badminton Players. *Indian Journal of Physiotherapy and Occupational Therapy - An International Journal*, 19(2), 45–52. <https://doi.org/10.37506/h150y870>
- Oliva-Lozano, J. M., & Muyor, J. M. (2020). Core muscle activity during physical fitness exercises: A systematic review. *International Journal of Environmental Research and Public Health*, 17(12), 1–42. <https://doi.org/10.3390/ijerph17124306>
- Örgün, E., Kurt, C., & Özsu, I. (2020). The effect of static and dynamic core exercises on dynamic balance, spinal stability, and hip mobility in female office workers. *Turkish Journal of Physical Medicine and Rehabilitation*, 66(3), 271–280. <https://doi.org/10.5606/tftrd.2020.4317>
- Park, J., Jung, J., Kim, J., & Chae, W. (2021). *The Effects of Different Surface Level on Muscle activity of the Upper Body and Exercise Intensity during Mountain Climbing Exercise* 31(1), 72–78.
- Park, M. K., Cheong, I. Y., & Kim, K. H. (2015). *Anatomical Basis of Pronator Teres for Electromyography Needle Placement Using Ultrasonography*. 39(1), 39–46.
- Phomsoupha, M., & Laffaye, G. (2020). Injuries in badminton: A review. *Science and Sports*, 35(4), 189–199. <https://doi.org/10.1016/j.scispo.2020.01.002>
- Pontaga, I., Vilks, S., & Abolins, V. (2024). *Original Article Assessment of static and dynamic balance performance in team sports athletes*. 24(1), 123–132. <https://doi.org/10.7752/jpes.2024.01016>
- Prabhaker, M., Chandra, M. P., Uttam, S., Anshul, G., & Sahu, C. (2017). Descriptive Statistics and Normality Tests for Statistical Data. *Annals of Cardiac Anaesthesia*, 20(4), 456–458. <https://doi.org/10.4103/aca.ACA>
- Pradita, A., & Halimah, N. (2025). Effectiveness of Core Stability Exercise in Physiotherapy Approach to Improve Cardiorespiratory Fitness in College Students. *FISIO MU: Physiotherapy Evidences*, 6(2), 199–205. <https://doi.org/10.23917/fisiomu.v6i2.9205>
- Ruth Vatsalya, K., Chaturvedi, P., Apparao, P., & Swamy, C. G. (2023). Effectiveness of Contrast Training Versus Core Strengthening Training in Improvement of Dynamic Balance and Agility in Collegiate Badminton Players. *International Journal of Current Medical And Applied Sciences*, 1, 6–12. www.ijcmaas.com
- Seiberl, W., Hahn, D., Power, G. A., Fletcher, J. R., & Siebert, T. (2021). Editorial: The Stretch-Shortening Cycle of Active Muscle and Muscle-Tendon

- Complex: What, Why and How It Increases Muscle Performance? *Frontiers in Physiology*, 12(May), 10–13. <https://doi.org/10.3389/fphys.2021.693141>
- Shariff, A. H., George, J., & Ramlan, A. A. (2009). Musculoskeletal injuries among Malaysian badminton players. *Singapore Medical Journal*, 50(11), 1095–1097.
- Shi, Z., Xuan, S., Deng, Y., Zhang, X., Chen, L., Xu, B., & Lin, B. (2023). The effect of rope jumping training on the dynamic balance ability and hitting stability among adolescent tennis players. *Scientific Reports*, 13(1), 1–10. <https://doi.org/10.1038/s41598-023-31817-z>
- Sivamani, S., Kumar, P., & Thilagam, P. K. (2022). *The Basic Facts of Badminton Game : An Overview*. 4–6. <https://doi.org/10.21276/apjhs.2022.9.4S.45>
- Solis Sánchez, G., Alcalde Bezhoid, G., & Alfonso Farnós, I. (2023). Research ethics: From principles to practical aspects. *Anales de Pediatría (English Edition)*, 99(3), 195–202. <https://doi.org/10.1016/j.anpede.2023.06.016>
- Son, N., Sung, H., Kim, G., Choe, H., Ryu, Y., & Kim, Y. (2023). *The Effects of 12-week Online-delivered Isometric and Dynamic Core Stability Exercises on Functional Movement , Dynamic Postural Control , and Core Endurance in Healthy Young Adults*. 20–31.
- Stepper, B., Hecksteden, A., Stagge, H., Faude, O., & Donath, L. (2025). Systematic review on badminton injuries: incidence, characteristics and risk factors. *BMJ Open Sport and Exercise Medicine*, 11(1), 1–9. <https://doi.org/10.1136/bmjsem-2024-002127>
- Suryanto, F. A., Widyahening, I. S., & Tobing, A. J. (2022). *Incidence and Risk Factors for Musculoskeletal Injuries among Indonesian Junior Badminton Athletes during a National Elite Championship*. 56(1).
- syahputra eko, novianty lily, sembiring juhardi. (2023). Title. *Journal of Engineering Research*, 10(1), 35–45.
- Team, new carten. (2021). *pukulan servis*.
- Tedeschi, R. (2023). *Assessment of Postural Control and Proprioception Using the Delos Postural Proprioceptive System*. 2(29), 96–112.
- Thompson, S. W., Lake, J. P., Rogerson, D., Ruddock, A., & Barnes, A. (2022). *The kinetics and kinematics of the free-weight back squat and loaded jump squat*.
- Visus, C., Wang, Y., Lozano-leon, A., Ferris, R. L., Szczepanski, M. J., Brand, R. E., Ferrone, C. R., & Theresa, L. (2012). *NIH Public Access*. 17(19), 6174–6184. <https://doi.org/10.1158/1078-0432.CCR-11-1111.Targeting>
- Wallman, K. E., Morton, A. R., Goodman, C., & Grove, R. (2005). *RELIABILITY OF PHYSIOLOGICAL , PSYCHOLOGICAL AND COGNITIVE VARIABLES IN CHRONIC FATIGUE SYNDROME AND THE ROLE OF GRADED EXERCISE* . 463–471.
- Wang, X., Lv, C., Qin, X., Ji, S., & Dong, D. (2023). Effectiveness of plyometric training vs. complex training on the explosive power of lower limbs: A Systematic review. *Frontiers in Physiology*, 13(January), 1–15.

<https://doi.org/10.3389/fphys.2022.1061110>

Wang, Y., Xu, L., Jiang, H., Yu, L., Wu, H., & Mei, Q. (2024). *Biomechanical Effects of the Badminton Split-Step on Forecourt Lunging Footwork*. 1–16.

Yeap, M. W., Ramasamy, Y., Usman, J., King, M., & Razman, R. (2025). Yeap, Ming Wei, Yuvaraj Ramasamy, Juliana Usman, Mark King, and Rizal Razman. 2025. “Knee Abduction Angles and Landing Kinematics in Badminton Jump Smash: A Study of ACL Injury Risk Factors.” *Bioengineering* 12(4):1–14. doi:10.3390/bioengineering12040343.K. *Bioengineering*, 12(4), 1–14.

Zhang, X., Zhang, X., Lu, B., Sun, X., Cui, J., Tian, G., Zhang, Z., Li, Y., Yu, Y., Zhang, G., Pang, X., & Liu, J. (2025). *Biomechanical and neuromuscular adaptations in joint contributions during loaded countermovement jumps*. 1–12.

Zhao, J., Shao, E., Song, Y., Baker, J. S., Liang, M., & Gu, Y. (2025). *The Effect of Chronic Ankle Instability on Lower Limb Biomechanics During Medial Landings in Badminton Players*. 134–145. <https://doi.org/10.14326/abe.14.134>

