

## SUMMARY

# COMBINATION OF WOBBLE BOARD AND CORE STABILITY EXERCISE MORE IMPROVES BODY BALANCE

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### Description Alt:

**Introduction:** Lack of physical activities or a sedentary lifestyle will affect body balance and the increased possibility of injury. Improving body balance can be done by training muscles that have a function to maintain the balance. This study aims to identify the combination of wobble board exercise and core stability exercise is better compared to calf raise exercise and core stability exercise in improving body balance of students with love physical activities. **Methods:** This research used experimental methods pre and post-test two-group design with. The experimental group was given a wobble board and core stability exercise, while the control group was given calf raise and core stability exercise. The number of samples in each group is 18 people and each of the groups was given 3 times in a week of exercise for 6 weeks. The balance measurement in this study used a standing stork test. **Result:** The research result is the body balance Experimental Group is increase with mean pre-test score is  $10,80 \pm 4,64$  seconds becomes  $26,51 \pm 5,41$  seconds during the post-test, and  $p = 0,001$ . In the Control Group, there is an increased body balance with mean pre-test  $8,39 \pm 4,51$  becomes  $20,54 \pm 5,18$  during the post-test and  $p = 0,001$ . There is a significant difference in the increase of body balance in the Experimental Group and Control Group with  $p = 0,002$  ( $p < 0,05$ ). **Conclusion:** The combination of a wobble board and core stability exercise is better than the combination of calf raise and core stability exercise in improving body balance.

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