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I Made Wisnu Prasetya

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

**EFEK PENAMBAHAN LATIHAN *GAZE STABILIZATION* PADA
LATIHAN *WOBBLE BOARD* TERHADAP PENINGKATAN
KESEIMBANGAN PADA LANSIA**

Terdiri dari VI Bab, 108 Halaman, 19 Gambar, 4 Skema, 10 Tabel, Lampiran

Tujuan: Untuk mengetahui efek penambahan latihan *gaze stabilization* pada latihan *wobble board* terhadap peningkatan keseimbangan pada lansia. **Sampel:** Sampel terdiri dari 28 orang dengan usia antara 60-65 tahun. Penelitian dilakukan selama enam minggu atau delapan belas kali intervensi di lingkungan Komp. PTPN VIII Rt.12/04. Pada penelitian ini dibagi menjadi dua kelompok masing-masing terdiri dari 14 orang yaitu kelompok kontrol diberikan latihan *wobble board*, sedangkan kelompok perlakuan diberikan latihan *gaze stabilization* dan latihan *wobble board*. **Metode:** Penelitian ini bersifat eksperimental dimana peningkatan keseimbangan diukur dengan menggunakan *four square step test*. **Hasil:** Adapun hasil uji pada kelompok kontrol dengan $p \text{ value } p < 0,01$ dengan selisih (Mean \pm SD = 1,7236 \pm 0,37949) berarti H_0 ditolak sehingga ada peningkatan keseimbangan lansia dengan latihan *wobble board*. Pada uji kelompok perlakuan dengan $p \text{ value } < 0,01$ dengan selisih (Mean \pm SD = 2,7786 \pm 0,54108) berarti H_0 ditolak sehingga ada peningkatan keseimbangan lansia dengan penambahan latihan *gaze stabilization* pada latihan *wobble board*. **Kesimpulan:** Ada peningkatan keseimbangan lansia dengan penambahan latihan *gaze stabilization* pada latihan *wobble board*.

Kata Kunci : *Gaze Stabilization, Wobble Board, Four Square Step, Lansia*



ABSTRACT

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I Made Wisnu Prasetya

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Faculty of Physiotherapy

Esa Unggul University

ADDITIONAL EFFECT OF GAZE STABILIZATION EXERCISE ON WOBBLE BOARD EXERCISE TO INCREASE BALANCE ON ELDERLY

Consist of Chapter VI, 70 pages, 9 tables, 15 Pictures, 4 Chart, 4 Schemes, attachments

Objective: To find out the effect of adding gaze stabilization exercises on wobble board exercises for increasing balance on elderly. **Sample:** The sample consists of 28 people in between 60-65 years old. The study was conducted for six weeks or eighteen times interventions in the Comp. PTPN VIII Rt.12 / 04. This study divided into two groups each consisting of 14 people, the control group is given wobble board exercises, while the treatment group is given gaze stabilization exercises and wobble board exercises. **Methods:** This research is experimental where the balance increases measured using four square step test. **Results:** The test result in control group with p value $p < 0,01$ with deviation (Mean \pm SD = $1,7236 \pm 0,37949$) means that H_0 is rejected so that there is increased balance on elderly with wobble board exercise. In the treatment group test with p value $< 0,01$ with deviation (Mean \pm SD = $2,7786 \pm 0,54108$) means that H_0 is rejected so that there is increased balance on elderly with the addition of gaze stabilization exercise on wobble board exercise. **Conclusion:** There is increased balance on elderly with the addition of gaze stabilization exercises on wobble board exercises.

Keywords: *Gaze Stabilization, Wobble Board, Four Square Step, Elderly*