

## ABSTRACT



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### **The Effectiveness of Ankle Strategy Exercise On Core Stability Exercise To Improve the Static Equilibrium in Elderly**

Consists of VI Chapter, 121 Pages, 12 Tables, 14 Images, 5 Grafik, 14 Appendix

**Objective:** To know the effectiveness of the addition of *ankle strategy exercise* on the application of *core stability exercise* to increase static equilibrium in elderly.

**Methods:** This study is a type of experimental research, where static equilibrium is measured using *Functional Reach Test*. Samples based on Pocock formula consist of 20 people. Samples were chosen based on *purposive sampling* technique. The sample is divided into 2 groups each 10 people. Group I treatment with *core stability exercise*, treatment group II with exercise addition of *ankle strategy exercise* on *core stability exercise*.

**Result:** Normality test with shapiro wilk test was obtained with normal diffusion data while homogeneity test with Levene's test got homogenous data. The result of hypothesis test on treatment group I with paired sample t-test was obtained  $p < 0.001$  for *core stability exercise*. In the treatment group II paired samples t-test was obtained  $p < 0.001$  for addition of *ankle strategy exercise* on the application of *core stability exercise*. The result of independent sample t-test shows the value of  $p = 0,044$  which means there is a difference in effectiveness between *core stability exercises* with *ankle strategy exercise* and *core stability exercises* against static equilibrium increase in elderly.

**Conclusion:** There is a difference in the effectiveness of *core stability exercises* with *ankle strategy exercise* and *core stability exercises* to increase static equilibrium in the elderly.

**Keywords:** *Core Stability Exercise, Ankle Strategy Exercise, Elderly Static Balance.*