



## ABSTRAK

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**Gina Dwi Purnamasari**  
Program Studi S-1 Fisioterapi  
Fakultas Fisioterapi  
Universitas Esa Unggul

### **PERBEDAAN EFEK ANTARA PILATES STABILISASI EXERCISE DENGAN MCKENZIE EXERCISE PADA INTERVENSI MWD TERHADAP NYERI DAN FLEKSIBILITAS PINGGANG PADA KASUS DISC BULGING**

Terdiri dari VI Bab, 77 Halaman, 14 Tabel, 9 Gambar, 4 Grafik, 4 Skema, 5 Lampiran

**Tujuan:** untuk mengetahui perbedaan efek antara *pilates stabilisasi exercise* dengan *mckenzie exercise* Pada Intervensi mwd terhadap nyeri dan fleksibilitas pinggang pada kasus *disc bulging*. **Metode :** penelitian ini bersifat *Quasi Experimenta*. Sampel terdiri dari 20 orang di RSUD Cengkareng. Sampel dikelompokkan menjadi dua kelompok perlakuan, kelompok perlakuan I terdiri dari 10 sampel dengan intervensi *pilates stabilisasi exercise* dan kelompok perlakuan II terdiri dari 10 sampel dengan intervensi *mckenzie exercise*. **Hasil:** Uji normalitas *Shapiro Wilk Test* didapatkan data berdistribusi normal dan tidak normal, sedangkan uji homogenitas *Levene's Test* didapatkan data memiliki varian homogen. Hipotesa I menggunakan uji *Paired Sample T-Test* dan *Wilcoxon Test* didapatkan nilai  $p=0,000$  pada VAS dan MMS  $p=0,000$ . Hipotesa 2 menggunakan uji *Paired Sample T-Test* dan *Wilcoxon Test* didapatkan nilai  $p=0,000$  pada VAS dan MMS  $p=0,005$ . Hipotesa III menggunakan uji *paired sample t-test* dan *Wilcoxon Test* menunjukkan nilai 0,753 pada VAS dan MMS 0,614. **Kesimpulan:** Tidak ada perbedaan efek antara *Pilates stabilisasi exercise* dengan *Mckenzie exercise* pada intervensi MWD terhadap nyeri dan *fleksibilitas pinggang* pada kasus *Disc Bulging*

**Kata Kunci :** *Pilates Stabilisasi Exercise, Mc.Kenzie exercise, Microwave diathermy, Disc Bulging*



## ABSTRACT

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**Gina Dwi Purnamasari**

S-1 Physiotherapy Study Program

Faculty of Physiotherapy,

Esa Unggul University

### **DIFFERENCE EFFECT IN PILATES STABILISASI EXERCISE WITH MCKENZIE EXERCISE AT INTERVENTION MWD ABOUT PAIN AND FLEXIBILITY LUMBAR IN CASE DISC BULGING**

Consist VI chapter, 77 pages, 14 table, 9 pictures, 4 graphies, 4 skema, 5 attachemnt

**Object:** to determine difference effect in pilates stabilisasi exercise with mckenzie exercise at intervention mwd about pain and flexibility lumbar in case *disc bulging*. **Methods:** this study is an Quasi Experimental. Samples consisted of 20 people at RSUD Cengkareng. Samples were grouped in two treatment groups, the first treatment group consisted of 10 samples with intervention *pilates stabilisasi exercise* and the second treatment group consisted of 10 samples with intervention *mckenzie exercise*. **Result:** Normality test of Shapiro Wilk Test obtained normal and abnormal distributed data, while homogeneity test of Levene's Test obtained data that has homogeneous variant. Hypothesis 1 used Paired Sample T-Test and Wilcoxon Test obtaining value  $p = 0,000$  on VAS and  $p = 0,000$  on MMS. Hypothesis 2 used Paired Sample T-Test and Wilcoxon Test obtaining value  $p = 0,000$  on VAS and  $p = 0,005$  on MMS. Hypothesis III used paired sample t-test and Wilcoxon Test showing the value of 0.753 on VAS and 0.614 on MMS. **Conclusion:** There is no difference of effect difference effect in pilates stabilisasi exercise with mckenzie exercise at intervention mwd about pain and flexibility lumbar in case *disc bulging*

**Keywords :** *Pilates Stabilisasi Exercise, Mc.Kenzie exercise, Microwave diathermy, Disc Bulging*