



ABSTRAK

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PERBEDAAN EFEKTIFITAS LATIHAN *POSITIVE EXPIRATORY PRESSURE* DAN *CORE STABILITY* TERHADAP PENINGKATAN *PEAK FLOW EXPIRATORY (PEF)* PEROKOK

Terdiri dari VI Bab, 56 Halaman, 11 Gambar, 11 Tabel, 3 Grafik, 9 Lampiran

Tujuan : Mengetahui perbedaan efektifitas latihan *positive expiratory pressure* dan *core stability* terhadap peningkatan *peak expiratory flow* (PEF) perokok.

Metode : Penelitian ini bersifat eksperimental dengan membandingkan dua perlakuan. Sampel terdiri dari 16 orang perokok, dipilih sesuai kriteria inklusif, dan dibagi berdasarkan *matching allocation*. Sampel dikelompokkan menjadi dua kelompok perlakuan, kelompok perlakuan I terdiri dari 8 orang dengan diberikan latihan *positive expiratory pressure* dan kelompok perlakuan II terdiri dari 8 orang dengan diberikan latihan *core stability*. Penelitian ini menggunakan *peak flow meter* sebagai alat untuk mengukur *peak expiratory flow* perokok.

Hasil : Hasil uji hipotesis pada kelompok perlakuan I dengan *paired sample t-test* didapatkan nilai $p = 0,000$ yang berarti latihan *positive expiratory pressure* dapat meningkatkan *peak expiratory flow* perokok. Pada kelompok perlakuan II dengan *paired sample t-test* didapatkan nilai $p = 0,000$ yang berarti latihan *core stability* dapat meningkatkan *peak expiratory flow* perokok. Pada hasil *independent sample t-test* menunjukkan nilai $p = 0,001$ yang berarti ada perbedaan efektifitas antara latihan *positive expiratory pressure* dan *core stability* terhadap peningkatan PEF perokok.

Kesimpulan : Ada perbedaan efektifitas latihan *positive expiratory pressure* dan *core stability* terhadap peningkatan PEF perokok.

Kata Kunci : *positive expiratory pressure*, *core stability*, *peak expiratory flow*, perokok.

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THE DIFFERENCES OF EFFECTIVENESS POSITIVE EXPIRATORY PRESSURE AND CORE STABILITY EXERCISE TO IMPROVE PEAK EXPIRATORY FLOW (PEF) OF SMOKERS

Consisting of 6 Chapters, 56 pages, 11 pictures, 11 tables, 3 Graph, 9 Appendix

Objective: *To determine the differences of effectiveness positive expiratory pressure and core stability exercise to improve peak expiratory flow (PEF) for smokers.*
Methods: *This is an experimental study with comparing the two treatments. The sample consisted of 16 smokers, selected according to the inclusive criteria, and divided by matching allocation. Samples were divided into two treatment groups, the treatment group I consists of 8 people given positive expiratory pressure exercise and the treatment group II consists of 8 people given core stability exercises. This study used a peak flow meter to measure the peak expiratory flow.*
Results: *The results of hypothesis test in the treatment group I with paired sample t-test p value = 0,000, which means expiratory pressure positive exercise can increase peak expiratory flow smokers. In the treatment group II, the result of paired sample t-test p value = 0.000, which means core stability exercise can increase peak expiratory flow smokers. And the result of independent sample t-test showed the value of $p = 0.001$, which means there is a difference in effectiveness between of positive expiratory pressure and core stability exercise to improve peak expiratory flow smokers.*
Conclusion: *There is a difference in the effectiveness of positive expiratory pressure and core stability exercise to improve PEF of smokers.*

Keywords: *positive expiratory pressure, core stability, peak expiratory flow, smokers.*