



ABSTRAK

SKRIPSI, Februari 2017
Herista Novia Widanti
Program Studi S-1 Fisioterapi
Fakultas Fisioterapi
Universitas Esa Unggul

PERBEDAAN METODE *HOPSCOTCH* DAN *KIDS YOGA* DALAM MENINGKATKAN KESEIMBANGAN BERDIRI ANAK *DOWN SYNDROME*

Terdiri dari VI Bab, 91 Halaman, 20 Gambar, 15 Tabel, 6 Grafik, 10 Lampiran

Tujuan : Mengetahui perbedaan latihan metode *hopscotch* dan *kids yoga* dalam meningkatkan keseimbangan berdiri anak *down syndrome*. **Metode :** Penelitian bersifat eksperimental dengan membandingkan dua kelompok perlakuan. Sampel terdiri dari 12 anak *down syndrome* laki-laki dan perempuan, umur 7-12 tahun, dan kategori IQ *mild* dan *moderate*, lalu dikelompokkan menjadi dua kelompok perlakuan, kelompok I terdiri dari 6 orang diberikan latihan *hopscotch* dan kelompok II terdiri dari 6 orang diberikan latihan *kids yoga*. Latihan dilakukan 2 sesi per minggu selama 5 minggu. **Hasil :** Hasil uji hipotesis pada kelompok I didapatkan *mean* sebelum latihan $87,500 \pm 12,957$ dan sesudah latihan $100,333 \pm 13,140$ nilai $p = 0,000$ yang berarti latihan metode *hopscotch* dapat meningkatkan keseimbangan berdiri anak *down syndrome*. Pada kelompok II dengan didapatkan *mean* sebelum latihan $87,000 \pm 11,798$ dan sesudah latihan $114,000 \pm 13,505$ nilai $p = 0,000$ yang berarti latihan metode *kids yoga* dapat meningkatkan keseimbangan berdiri anak *down syndrome*. Didapatkan *mean* selisih kelompok I $12,833 \pm 2,562$ dan selisih kelompok II $26,833 \pm 2,136$ dengan nilai $p = 0,000$ yang berarti ada perbedaan efektifitas antara latihan metode *hopscotch* dan *kids yoga* terhadap peningkatan keseimbangan berdiri anak *down syndrome*. **Kesimpulan :** Latihan *kids yoga* lebih baik daripada latihan metode *hopscotch* dalam meningkatkan keseimbangan berdiri anak *down syndrome*.

Kata Kunci : *hopscotch*, *kids yoga*, keseimbangan, *down syndrome*.



ABSTRACT

SKRIPSI, Februari 2017
Herista Novia Widanti
Study Program S-1 Physiotherapy
Faculty of Physiotherapy
Esa Unggul University

THE DIFFERENCE OF HOPSCOTCH METHOD AND KIDS YOGA TO IMPROVE STANDING BALANCE IN CHILDREN WITH DOWN SYNDROME

Consists of VI chapter, 91 pages, 20 pictures, 15 tables, 6 graphs, 10 Appendix.

Objective: The purpose of this study was to determine the differences of hopscotch method and kids yoga to improve standing balance in children with down syndrome. **Methods:** This is an experimental study with comparing two groups. Sample consists of 12 children with down syndrome, male and female, 7-12 years old, with mild and moderate IQ categories. Samples were divided into two study groups, group I consists 6 people with hopscotch methods and group II consists of 6 people with kids yoga methods. Exercise given for 5 weeks, 2 session per week **Results:** Hypothesis test result in group I, mean before exercise $87,500 \pm 12,957$ and after exercise $100,333 \pm 13,140$ with $p \text{ value} = 0,000$ which mean hopscotch can improve standing balance in children with down syndrome. In group II, mean before exercise $87,000 \pm 11,798$ and after exercise $114,000 \pm 13,505$ with $p \text{ value} = 0.000$ which means kids yoga can improve standing balance in children with down syndrome. The difference group I $12,833 \pm 2,562$ and difference group II $26,833 \pm 2,136$ with $p \text{ value} = 0.000$, which means there is a difference in the effectiveness between hopscotch and kids yoga to improve standing balance in children with down syndrome. **Conclusions:** Kids yoga is better than hopscotch to improve standing balance in children with down syndrome.

Keywords: hopscotch, kids yoga, balance, down syndrome.