UNIVERSITY OF ESA UNGGUL FACULTY OF HEALTH SCIENCE NURSING SCIENCE STUDY PROGRAM Skripsi, Agustus 2018

ESTER D.R. PASARIBU 2014-33-030

## THE EFFECT OF MOTION EXERCISE OF HEMIPARESIS EKSTREMITIES ON INCREASING MUSCLE STRENGTH IN PATIENT POST NON-HEMORRHAGIC STROKE IN WORKING AREA OF PUSKESMAS KEBON JERUK JAKARTA BARAT 2018

7 Chapter + 135 Pages + 15 Table + 3 Scheme + 4 Image + 17 Attachments

## ABSTRACT

Stroke can cause various degrees of disturbance, such as decreased muscle tone, loss of sensibility in some parts of the body, decreased ability to move sick limbs and incapacity in certain activities. This study aims to identify the effect of motion exercises on the extremities with hemiparesis to increase muscle strength of poststroke non hemorrhagic patients. The samples are patients post stroke non hemorrhagic in working area of Puskesmas Kebon Jeruk Jakarta Barat 2018 with 40 respondents. The method is pre-eksperiment with one group pre-post test design approach. The treatment in this study is motion exercises on upper extremities with hand grip a rubber ball and motion exercises on lower extremities with Range Of Motion (ROM) for 7 days. Upper ekstremities muscle strength is measured by a hand grip dynamometer and lower ekstremities muscle strength with Manual Muscle Testing (MMT). The statistic test used is the wilcoxon signed rank test based on the results of the study obtained p-value of 0.000 (<0.05) which means there is the effect of motion exercises on the extremities with hemiparesis to increase muscle strength of post-stroke non hemorrhagic patients in the working area of Kebon Jeruk Jakarta Barat in 2018. It is recommended for Puskesmas Kebon Jeruk to apply motion exercises to the extremities by handgrip rubber ball on the upper extremities and Range Of Motion (ROM) exercise in the lower extremities as one of the rehabilitation solutions in post-stroke non-hemorrhagic patients.

Keywords : Stroke, motion exercises on the extremities, upper extremities muscle strength and lower extremities muscle strength Literature : 76 (2008 – 2018)

> Universit Esa

iv