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**EFEKTIFITAS PENAMBAHAN *BRIDGING EXERCISE* DIBANDINGKAN
PENAMBAHAN *VISUAL CUE TRAINING* DENGAN LATIHAN FUNGSIONAL
BERJALAN TERHADAP KESEIMBANGAN PASIEN PASCASTROKE**

**Terdiri dari VI Bab, 94 Halaman, 19 Tabel, 11 Gambar, 10 Grafik, 2 Skema, 7
Lampiran**

Tujuan Penelitian : Untuk mengetahui efektifitas penambahan *bridging exercise* dan *visual cue training* pada latihan fungsional berjalan terhadap keseimbangan berjalan pasien pascastroke. **Sampel :** Penelitian ini terdiri dari 20 orang sampel yang terbagi dalam kelompok perlakuan I dan kelompok perlakuan II. Kelompok perlakuan I terdiri dari 10 orang dengan diberikan intervensi penambahan *bridging exercise* pada latihan fungsional berjalan, sedangkan kelompok perlakuan II terdiri dari 10 orang dengan diberikan intervensi penambahan *visual cue training* pada latihan fungsional berjalan. **Metode :** Penelitian ini bersifat kuasi eksperimen dimana tingkat keseimbangan fungsional berjalan diukur menggunakan BBS dan TUG-Test. Untuk uji normalitas menggunakan analisa statistik *Shapiro-wilk test*, dan uji homogenitas sampel dengan *T-test Independent*. **Hasil :** Hasil uji *Paired t-test* pada hipotesis I didapatkan $p\text{-value}=0,45$ ($p>0,05$) berarti H_0 diterima H_a ditolak, sehingga penambahan *bridging exercise* pada latihan fungsional berjalan tidak dapat meningkatkan secara signifikan keseimbangan berjalan pasien pasca stroke. Hasil uji *Paired t-test* pada hipotesis II didapatkan $p\text{-value}=0,4$ ($p>0,05$) berarti H_0 diterima H_a ditolak, sehingga penambahan *visual cue training* pada latihan fungsional berjalan tidak dapat meningkatkan secara signifikan keseimbangan berjalan pasien pasca stroke. Pada uji *Independent t-test* pada hipotesis III dengan $p\text{-value}=0,3$ ($p>0,05$) berarti H_0 diterima dan H_a ditolak, sehingga penambahan *bridging exercise* tidak ada perbedaan secara signifikan efektifitas daripada latihan fungsional berjalan dengan penambahan *visual cue training* dalam meningkatkan keseimbangan berjalan pasien pascastroke. **Kesimpulan :** Penambahan *bridging exercise* dan *visual cue training* pada latihan fungsional berjalan tidak ada perbedaan efektifitas serta tidak cukup signifikan untuk meningkatkan keseimbangan berjalan pasien pascastroke.

Kata Kunci : *Bridging Exercise, Visual Cue Training, Stroke, Keseimbangan Berjalan,*



ABSTRACT

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EFFECTIVENESS OF ADDITIONAL BRIDGING EXERCISE COMPARED TO ADDITION OF VISUAL CUE TRAINING WITH FUNCTIONAL EXERCISE WALKING ON THE BALANCES OF PASCASTROKE PATIENTS

Consists of VI Chapters, 94 Pages, 19 Tables, 11 Images, 10 Charts, 2 Schemes, 7 Attachments

Research Objectives: To determine the effectiveness of the addition of bridging exercise and visual cue training on functional exercises running towards the patient's walking balance after stroke. **Sample:** This study consisted of 20 samples divided into treatment group I and treatment group II. The treatment group I consisted of 10 people who were given the intervention to add bridging exercise to running functional exercises, while the treatment group II consisted of 10 people who were given interventions to add visual cue training to running functional exercises. **Method:** This study is a quasi-experimental study where the level of functional balance is measured using BBS and TUG-Test. To test normality using Shapiro wilk test statistical analysis, and test the sample homogeneity with the Independent T-test. **Results:** Paired t-test test results in hypothesis I obtained p-value = 0.45 ($p > 0.05$) means that H_0 was accepted by H_a rejected, so the addition of bridging exercise to running functional exercises cannot significantly improve the walking balance of post stroke patients . Paired t-test test results in hypothesis II obtained p-value = 0.4 ($p > 0.05$) means that H_0 accepted H_a rejected, so that the addition of visual cue training to running functional exercises cannot significantly improve the walking balance of post-stroke patients. In the Independent t-test on hypothesis III with p-value = 0.3 ($p > 0.05$) means that H_0 is accepted and H_a is rejected, so that the addition of birdging exercise has no significant difference in effectiveness than functional exercises running with the addition of visual cue training. in improving the balance of walking patients after stroke. **Conclusion:** The addition of bridging exercise and visual cue training on functional exercise runs no difference in effectiveness and is not significant enough to improve the walking balance of patients after stroke.

Keywords: Bridging Exercise, Visual Cue Training, Stroke, Walking Balance