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**"THE EFFECT OF EXERCISE MIRROR THERAPY ON AGAINST  
INCREASED STRENGTH MUSCLE IN UPPER EXTREMITIES WITH  
HEMIPARESIS ON POST-STROKE NON-HEMORRHAGE PATIENTS IN  
THE WORKING AREA OF PUSKESMAS KEBUN JERUK IN 2017"**

7 Chapter + 79 Pages + 9 Table + 3 Scheme + 1 Image + 13 Attachments

**ABSTRACT**

Hemiparesis who do not get optimal management 30-60% of patients will experience a full loss of limb function within 6 months post-stroke. This study aims to identify whether there is influence mirror therapy against increasing upper function with hemiparesis in post-stroke patients non-hemorrhage in the working area of Puskesmas Kebun Jeruk in 2017. Samples used were Post-Stroke Patients Non-Hemorrhage in the working area of Puskesmas Kebun Jeruk in 2017 with the number of respondents 40 people. The method used is pre-experiment with one group pre-post test design approach. The statistic test used is the signed rank Wilcoxon test based on the results of the research obtained p-value of 0.000 ( $<0.05$ ) which means there is a significant influence on the effect of exercise mirror therapy on against increased strength muscle in upper extremities with hemiparesis on post-stroke non-hemorrhage patients in the working area of Puskesmas Kebun Jeruk in 2017. It is recommended for Kebon Jeruk District Health Center to apply new policy for Mirror Therapy practice to be implemented and run as one of rehabilitation solution for post-Stroke Non-Hemorrhage patient with family approach method according to Kemenkes program under the auspices of Ketuk Pintu Layani Dengan Hati Team.

Keywords: Mirror Therapy, Strength Muscle, Upper Extremities  
Literature: 36 (2007-2016)