

ABSTRAK



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PERBEDAAN PENGARUH *ECCENTRIC QUADRICEPS EXERCISE* DAN *KNEE EXTENSION RESISTANCE BAND EXERCISE* PADA *BOSU BALL EXERCISE* TERHADAP PENINGKATAN STABILISASI DINAMIS PADA KASUS TENDINITIS PATELARIS

Terdiri dari VI Bab, 110 Halaman, 22 Tabel, 11 Gambar, 9 Grafik, 4 Skema, 11 Lampiran

Tujuan : Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh *eccentric quadriceps exercise* dan *knee extension resistance band exercise* pada *bosu ball exercise* terhadap peningkatan stabilisasi dinamis pada kasus tendinitis patellaris.

Metode : Penelitian ini bersifat *quasi experiment* sampel terdiri dari 20 orang dan dikelompokkan menjadi 2 kelompok masing-masing kelompok terdiri dari 10 orang. **Hasil** : Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal. Uji homogenitas dengan *Levene's Test* didapatkan data memiliki varian homogen. Uji hipotesa I dengan *Paired Sample T-Test*, didapatkan nilai $p=0,001$ ($p<\alpha=0.05$). Uji hipotesa II, didapatkan nilai $p=0,001$ ($p<\alpha=0.05$). Pada hasil *T-Test Independent* menunjukkan nilai $p=0,005$ ($p<\alpha=0.05$) yang berarti terdapat perbedaan pengaruh yang signifikan antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan** : Ada perbedaan pengaruh *eccentric quadriceps exercise* dan *knee extension resistance band exercise* pada *bosu ball exercise* terhadap peningkatan stabilisasi dinamis pada kasus tendinitis patellaris.

Kata Kunci : *eccentric quadriceps*, *knee extension resistance band*, *bosu ball*, stabilisasi dinamis, tendinitis patellaris.



ABSTRACT

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DIFFERENCE EFFECT OF ECCENTRIC QUADRICEPS EXERCISE AND KNEE EXTENSION RESISTANCE BAND EXERCISE ON BOSU BALL EXERCISE ON INCREASING DYNAMIC STABILIZATION IN CASE OF PATELAR TENDINITIS

Consists of VI Chapters, 110 Pages, 22 Tables, 11 Images, 9 Graph, 4 Schemes, 11 Annex

Objectives: To find out difference effect of eccentric quadriceps exercise and knee extension resistance band exercises on bosu ball exercises on increasing dynamic stabilization in cases of patellar tendinitis. **Method:** This study is a quasi experiment. Sample consisted of 20 people. Sample divided to two groups each group is 10 people. **Result:** Normality test with Shapiro Wilk Test gets normal distribution of data and homogeneity test with Levene's Test gets data has a homogeneous variant. The results of hypothesis test in the experimental group I with Paired Sample T-Test, get p value = 0,001 ($p < \alpha = 0,05$). In the experimental group II get the p value = 0,001 ($p < \alpha = 0,05$). The result of T-Test Independent show p value = 0,005 ($p < \alpha = 0,05$) which giving there is significant difference effect between treatment group I and treatment group II. **Conclusion:** There is a difference in the effect of eccentric quadriceps exercise and knee extension resistance band exercise on bosu ball exercise on increasing dynamic stabilization in cases of patellar tendinitis.

Keywords: eccentric quadriceps, knee extension resistance band, bosu ball, dynamic stabilization, patellar tendinitis