

ABSTRAK



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PERBEDAAN LATIHAN *BALANCE BOARD* DAN LATIHAN TITIAN KESEIMBANGAN TERHADAP PENINGKATAN KESEIMBANGAN BERDIRI ANAK *DOWN SYNDROME*

Terdiri VI Bab, 60 Halaman, 17 Tabel, 5 Gambar, 4 Skema, 10 Grafik, Lampiran

Tujuan: Untuk mengetahui perbedaan peningkatan keseimbangan berdiri anak *Down Syndrome* pada pemberian latihan *Balance Board* dan latihan Titian Keseimbangan. **Metode:** Penelitian bersifat *Quasi Experimental* untuk melihat perbedaan latihan *Balance Board* dan latihan Titian Keseimbangan terhadap peningkatan keseimbangan berdiri anak *Down Syndrome*. Sampel terdiri dari 12 orang anak *Down Syndrome* di RSIA Bunda Jakarta dan dikelompokkan menjadi dua kelompok perlakuan yang masing-masing terdiri dari 6 orang, kelompok perlakuan I dengan *Balance Board* dan kelompok perlakuan II dengan Titian Keseimbangan. **Hasil:** Pada uji normalitas didapatkan data berdistribusi normal sedangkan uji homogenitas didapatkan data memiliki varian yang homogen. Hasil uji hipotesis I didapatkan nilai $p=0,042$ dan uji hipotesis II didapatkan nilai $p=0,042$ yang berarti Latihan *Balance Board* dan Latihan Titian Keseimbangan dapat meningkatkan keseimbangan berdiri pada anak *Down Syndrome*. **Kesimpulan:** Pemberian Latihan *Balance Board* dan Latihan Titian Keseimbangan tidak ada perbedaan yang signifikan terhadap peningkatan keseimbangan berdiri anak *Down Syndrome* di RSIA Bunda Jakarta.

Kata Kunci: *Down Syndrome*, *Balance Board*, Titian Keseimbangan, Peningkatan Keseimbangan Berdiri.

ABSTRACT



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THE DIFFERENCES IN BALANCE BOARD EXERCISES AND BALANCE TITIAN EXERCISES TO INCREASE BALANCE IN DOWN SYNDROME CHILDREN

Consists of 6 Chapters, 60 pages, 17 tables, 5 pictures, 4 schemes, 10 grapichs, attachment

Objective: This study was to determine the differences balance of standing in children with *Down Syndrome* in the provision of *Balance Board exercises* and *Balance Titian exercises*. **Method:** This study was a quasi experimental to see the differences in balance board exercises and balance titian exercises to increase balance in *Down Syndrome* children. The sample consisted of 12 children with *Down Syndrome* in RSIA Bunda Jakarta. Samples were grouped into two treatment groups, group I consisted of 6 children who were given *Balance Board Exercises* and the treatment group II consisted of 6 children who were given *Balance Titian Exercises*. **Results:** In the normality test the data are normally distributed, while the homogeneity test obtained data has a homogeneous variant. The results of the first hypothesis test p value = 0.042 and the second hypothesis test p value = 0.042 which means *Balance Board Exercise* and *Titian Exercise Balance* can improve standing balance in *Down Syndrome* children. **Conclusion:** There was no significant difference between the *Balance Board Exercise* and the *Balance Titian Exercise*, to increase the balance of standing *Down Syndrome* children in RSIA Bunda Jakarta.

Keywords: *Down Syndrome, Balance Board, Balance Titian, Increased Standing Balance.*