

UNIVERSITY ESA UNGGUL
FACULTY OF HEALTH SCIENCES
NURSING SCIENCE STUDY PROGRAM
THESIS, JULY 2019

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2015 33 032

Effectiveness of Active Strengthening and Rom Cores towards Muscle Balance in Post-Stroke Patients at Panti Tresna Werdha Budi Mulya 2 Jakarta 2019

6 Chapter + 49 Pages + 6 Tabel + 3 Scheme + 14 Photo + 8 Attachments

ABSTRACT

Stroke is defined as a disruption of the blood supply to the brain which is usually due to rupture of a blood vessel or blockage by a blood clot. This causes a disruption of the supply. The objective is to identify whether the effectiveness of core strengthening and rom is active towards the muscle balance of patients after stroke in Panti Tresna werdha budi mulia. This research method used the *Pre-experimental-Experimental* method with the design of the *Two group Pre-test-post* test. The sample used in this study was 110 respondents. While the instrument of this study uses an observation sheet. These test results use an independent test t test. The results of this study are seen from the mean value of Rom 27.98 and mean core strengthening 26.72, which means that the effectiveness between core strengthening and active rom has greater effectiveness, namely rom and has a p value = 0,000 <0,005. So that H₀ is rejected H_a accepted, which means that there are effectiveness of strengthening and rom cores on muscle balance after stroke in Panti Werdha Budi mulya. Conclusion: There is an effect between active and core strengthening on muscle balance in post-stroke patients in Panti Werdha Budi mulya 2 Jakarta 2019. These results are expected to patients to apply active cores in the process of rehabilitation after stroke independently

Keywords: Core strengthening, active Rom, post-stroke balance
Literature : 37 (2009-2018)