# ABSTRAK

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## EFEKTIVITAS PENAMBAHAN *OBSTACLE COURSE EXERCISE* PADA *BALANCE BOARD EXERCISE* TERHADAP PENINGKATAN POSTURAL KONTROL PADA ANAK AUTISME

Terdiri atas VI BAB, (69) halaman, (2) daftar gambar, (5) daftar skema, (7) daftar tabel, (1) daftar grafik.

**Tujuan:** Untuk mengetahui efektivitas penambahan *obstacle course* pada *balance board exercise* terhadap peningkatan postural kontrol pada anak autisme. **Metode:** Penelitian ini merupakan penelitian eksperimental untuk mengetahui pengaruh suatu intervensi yang dilakukan pada objek penelitian dengan menggunakan *pretest posttest design control group,* dimana peningkatan postural kontrol diukur dengan menggunakan *functional reach test*. **Sampel:** Sampel terdiri dari 16 anak autis dan dipilih berdasarkan teknik *purposive sampling* berdasarkan hasil a*ssessment* dan dikelompokkan menjadi dua kelompok yaitu kelompok perlakuan I dan kelompok perlakuan II. Kelompok perlakuan I terdiri dari 8 sampel diberikan intervensi berupa *balance board exercise* dan kelompok perlakuan II terdiri dari 8 sampel diberikan intervensi berupa penambahan *obstacle course exercise* pada *balance board exercise*. **Hasil:** Teknik analisis data dilakukan dengan menggunakan *Shapiro Wilk Test* sebagai uji normalitas diperoleh data terdistribusi normal dengan nilai $p > 0,05$. *Levene's Test* sebagai uji homogenitas diperoleh data memiliki varian yang homogen. Uji *Paired Sample Test* sebagai uji hipotesis I dan II didapatkan data $p = 0,001$ $(p<0,05)$ yang berarti intervensi *balance board exercise* dan penambahan *obstacle course exercise* pada *balance board exercise* dapat meningkatkan postural kontrol. Uji *Independent Sample T-test* sebagai uji hipotesis III didapatkan data $p = 0,001$ $(p<0,05)$ yang berarti penambahan *obstacle course exercise* pada *balance board exercise* lebih baik dibandingkan *balance board exercise* saja dalam meningkatkan postural kontrol pada anak autis.
**Kesimpulan:** Penambahan *obstacle course exercise* pada *balance board exercise* lebih efektif terhadap peningkatan postural kontrol pada anak autisme.
**Kata Kunci: *Obstacle Course Exercise*, *Balance Board Exercise*, Postural Kontrol.**

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**EFFECTIVENESS OF ADDITION OF OBSTACLE COURSE EXERCISE ON BALANCE BOARD EXERCISE TO IMPROVEMENT THE CONTROL POSTURAL IN CHILDREN WITH AUTISM**

Composed of Chapter IV, (69) pages, (2) picture lists, (5) schema lists, (7) table lists, (1) chart list.

**Objective:** to determine the effect of addition of obstacle course exercise on balance board exercise to the improvement control postural of children with autism. **Method:** This study is an experimental study to determine the effect of an intervention performed on the object of research by using pretest-posttest design control group, in which the improvement of control postural was measured using functional reach test. **Sample:** The sample consisted of 16 children with autism and was selected based on purposive sampling technique based on the assessment result and grouped into two groups, treatment group I and treatment group II. The treatment group I consisted of 8 samples given the intervention in the form of balance board exercise and the treatment group consisted of 8 samples given intervention in the form of addition of obstacle course exercise to the balance board exercise. **Result:** Technique of data analysis done by using Shapiro Wilk Test as normality test obtained normal distributed data with $p > 0,05$. Levene's Test as homogeneity test obtained the data has a homogeneous variant. Test Paired Sample test as test of hypothesis I and II got data $p = 0,001$ ($p < 0,05$) which mean balance board exercise and the addition of obstacle course exercise on balance board exercise can improve control postural. Test Independent sample t-test as test of hypothesis III got data $p = 0,001$ ($p < 0,05$) which means the addition of obstacle course exercise on balance board exercise is better than only balance board exercise to improving control postural in children with autism.
**Conclusion:** The addition of obstacle course exercise on balance board exercise is more effective to improving control postural in children with autism.
**Keywords:** *Obstacle Course Exercise, Balance Board Exercise, Control Postural.*