



ABSTRAK

SKRIPSI, Agustus 2018

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PENAMBAHAN *CATCHING BALL EXERCISE* PADA *BALANCE BOARD EXERCISE* TERHADAP PENINGKATAN POSTURAL CONTROL PADA ANAK DENGAN AUTIS

Terdiri VI Bab, 79 Halaman, 9 Tabel, 4 Gambar, 5 Grafik, 7 Lampiran

Tujuan : Untuk mengetahui perbedaan pengaruh penambahan *catching ball exercise* pada *balance board exercise* terhadap peningkatan postural control pada anak dengan autis. **Metode :** Metode penelitian bersifat kuasi eksperimental yang bertujuan untuk mengetahui peningkatan postural control pada anak autis dengan *balance board* dengan penambahan *visual stimulation and motoric control* yang termasuk ke dalam visual feedback berupa *catching ball exercise*. Sampel terdiri dari 12 anak dengan autis di Talitakum Kebon Jeruk, Jakarta Barat dan dipilih berdasarkan criteria inklusi. Sampel dikelompokkan menjadi 2 kelompok perlakuan, kelompok perlakuan I terdiri dari 6 orang dengan intervensi yang diberikan adalah *balance board exercise*, sedangkan kelompok perlakuan II berjumlah 6 orang sampel dengan intervensi yang diberikan *balance board exercise* dan *catching ball exercise*.

Hasil : Hasil uji normalitas dengan *Shapiro-wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Lavene's test* didapatkan data memiliki varian yang homogen. Hasil uji hipotesis pada kelompok perlakuan 1 dengan *t-test related* didapatkan nilai $p = 0,004$ dimana berarti *Balance board exercise* meningkatkan postural control anak autis. Sedangkan pada kelompok 2, uji hipotesis dengan *t-test related* didapatkan nilai $p = 0,024$ dimana berarti Penambahan *catching ball exercise* pada *Balance board exercise* meningkatkan postural control anak autis.

Kesimpulan : Tidak ada perbedaan penambahan *catching ball exercise* pada *Balance board exercise* dalam meningkatkan postural control anak autis.

Kata Kunci : *Catching ball exercise, Balance board exercise, Postural control, Autis*



ABSTRACT

MINITHESIS, August 2018

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ADDITION OF CATCHING BALL EXERCISE ON BALANCE BOARD EXERCISE For POSTURAL CONTROL IMPROVEMENT IN CHILDREN WITH AUTISM

Consists of VI Chapter, 79 Pages, 9 Tables, 4 Pictures, 5 Graphics, 7 Attachment

Objective : To determine the differences effect in addition of catching ball exercise on balance board exercise for postural control improvement in children with autism.

Methods : The research method is quasi-experimental which aims to determine the improvement of postural control in autistic children with balance board with the addition of visual stimulation and motoric control which is included in visual feedback in the form of catching ball exercise. The sample consisted of 12 children with autism at Talitakum Kebon Jeruk, West Jakarta and selected based on inclusion criteria. The samples were grouped into 2 treatment groups, treatment group I consisted of 6 people with the intervention provided was balance board exercise, while the treatment group II consisted of 6 samples with interventions given balance board exercise and catching ball exercise. **Results :** The results of the normality test with *Shapiro-Wilk test* showed that the data were normally distributed while the homogeneity test with *Lavene's test* showed that the data had a homogeneous variant.

Hypothesis test results in treatment group 1 with related t-test obtained $p = 0.004$ which means that *Balance board exercise* improves *postural control* of autistic children. In group 2, hypothesis testing with related t-test obtained $p = 0.024$ which means that addition of catching ball exercise on Balance board exercise improves postural control of autistic children. **Conclusion :** There is no difference in the addition of catching ball exercise to Balance board exercise in improving postural control of autistic children.

Keywords : *Catching ball exercise, Balance board exercise, Postural control, Autism*