

DATA SAMPEL

Kelompok Perlakuan 1  
(Kelompok Control)

No	Nama	Umur (Tahun)	Jenis Kelamin	Skor CTSIB (Pre) - Minggu 1					Skor CTSIB - Minggu 2					Skor CTSIB (Post) - Minggu 4				
				Nilai 1	Nilai 2	Nilai 3	Nilai 4	Jumlah	Nilai 1	Nilai 2	Nilai 3	Nilai 4	Jumlah	Nilai 1	Nilai 2	Nilai 3	Nilai 4	Jumlah
1	SM	12	Pere mpua n	20.00	18.00	18.00	15.67	71.67	19.67	19.33	17.67	15.67	72.33	24.33	17.33	16.00	15.33	73.00
2	CF	11	Laki-laki	20.67	13.00	14.67	8.33	56.67	20.67	14.00	15.00	9.33	59.00	20.00	13.33	20.00	9.00	62.33
3	FA	7	Laki-laki	9.33	3.00	9.67	1.67	23.67	9.67	3.33	9.33	1.67	24.00	10.67	5.00	9.67	4.67	30.00
4	DA	5	Laki-laki	12.00	2.33	11.33	3.33	29.00	15.33	2.67	11.33	3.33	32.67	17.33	3.67	12.67	4.00	37.67
5	ED	5	Laki-laki	18.00	8.00	19.00	2.00	47.00	17.33	10.33	19.33	2.33	49.33	19.00	11.33	18.33	7.33	56.00
6	JS	6	Laki-laki	14.00	2.00	17.00	1.33	34.33	16.33	2.33	17.33	1.33	37.33	16.33	2.33	18.00	2.00	38.67

Kelompok Perlakuan 2

No	Nama	Umur (Tahun)	Jenis Kelamin	Skor CTSIB (Pre) - Minggu 1					Skor CTSIB - Minggu 2					Skor CTSIB (Post) - Minggu 4				
				Nilai 1	Nilai 2	Nilai 3	Nilai 4	Jumlah	Nilai 1	Nilai 2	Nilai 3	Nilai 4	Jumlah	Nilai 1	Nilai 2	Nilai 3	Nilai 4	Jumlah
1	RH	11	Laki-laki	16.33	12.33	15.67	10.67	55.00	16.67	13.33	17.00	10.67	57.67	19.00	13.00	15.67	11.33	59.00
2	KZ	6	Laki-laki	15.33	9.33	12.33	7.33	44.33	16.33	11.00	13.00	9.33	49.67	21.00	11.67	16.00	10.67	59.33
3	NN	8	Laki-laki	14.00	12.00	12.00	9.67	47.67	14.67	15.00	17.33	12.33	59.33	20.67	17.00	17.67	16.33	71.67
4	FR	12	Laki-laki	21.00	17.00	21.00	16.00	75.00	20.00	19.00	20.67	16.33	76.00	20.00	17.67	22.00	17.33	77.00
5	RF	7	Laki-laki	11.67	1.33	14.00	1.33	28.33	13.33	1.67	14.00	1.67	30.67	16.67	2.00	15.00	2.00	35.67
6	CL	5	Pere mpua n	13.00	3.00	14.00	1.67	31.67	16.00	3.67	15.67	2.00	37.33	18.67	4.33	16.67	3.00	42.67

Lampiran

Uji Normalitas

Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Sebelum1	,196	6	,200 <sup>*</sup>	,948	6	,725
setelah1	,244	6	,200 <sup>*</sup>	,933	6	,604
Sebelum2	,177	6	,200 <sup>*</sup>	,935	6	,622
setelah2	,226	6	,200 <sup>*</sup>	,940	6	,656

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Uji Homogenitas

Group Statistics

	NilaiSebelum	N	Mean	Std. Deviation	Std. Error Mean
Score CTSIB	Kelompok 1	6	131,17	54,766	22,358
	Kelompok 2	6	133,17	45,288	18,489

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Score CTSIB	,585	,462	-,069	10	,946	-2,000	29,012	66,644	62,644
Equal variances assumed									
Equal variances not assumed			-,069	9,659	,946	-2,000	29,012	66,954	62,954

### Uji Hipotesis 1

#### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Sebelum1	131,17	6	54,766	22,358
setelah1	148,83	6	50,141	20,470

#### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 Sebelum1 & setelah1	6	,991	,000

#### Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Sebelum1 - setelah1	-17,667	8,571	3,499	-26,662	-8,672	5,049	5	,004

### Uji Hipotesis 2

#### Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Sebelum2	133,17	6	45,288	18,489
setelah2	169,00	6	53,781	21,956

#### Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 Sebelum2 & setelah2	6	,861	,027

**Paired Samples Test**

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Sebelum2 - setelah2	-35,833	27,331	11,158	-64,515	-7,152	-3,212	5	,024

Hipotesis 3

**Paired Samples Test**

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Sebelum2 - setelah2	-35,833	27,331	11,158	-64,515	-7,152	-3,212	5	,024

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Score CTSIB	,004	,953	-,672	10	,517	-20,167	30,018	-87,051	46,718
Equal variances assumed									
Equal variances not assumed			-,672	9,951	,517	-20,167	30,018	-87,096	46,763

Lampiran



**PERSETUJUAN TINDAKAN KESEDIAAN MENGIKUTI PENELITIAN  
(INFORM CONSENT)**

Saya yang bertanda tangan di bawah ini :

Nama :  
Umur :  
Alamat :  
No HP :

Setelah mendapat penjelasan dari peneliti tentang maksud dan tujuan penelitian, cara pelaksanaan, dan konsekuensinya. Dengan ini menyatakan :

Bersedia mengizinkan ananda mengikuti kegiatan penelitian yang berjudul : “penambahan *catching ball exercise* pada *balance board exercise* terhadap peningkatan postural control pada anak dengan autisme”

1. Memahami sepenuhnya maksud dan tujuan penelitian, cara pelaksanaan, dan konsekuensinya.
2. Bersedia mengemukakan dengan sejujur-jujurnya segala hal mengenai keluhan dan apa yang responden rasakan.
3. Bersedia untuk mengikuti dan menjalankan petunjuk penelitian yang diberikan secara sungguh-sungguh dan bertanggung jawab.
4. Bersedia menghubungi peneliti apabila ada hal-hal yang kurang dipahami maupun melaporkan hal-hal yang berkembang selama penelitian.
5. Bersedia untuk sewaktu-waktu dihubungi oleh peneliti guna menyempurnakan penelitian ini.
6. Tidak membebani peneliti dengan biaya atau tindakan mengenai keluhan yang berkaitan dengan kasus penelitian.
7. Apabila kelompok kontrol mendapatkan hasil yang tidak lebih baik dari kelompok perlakuan maka peneliti mendedikasikan diri untuk memberikan perlakuan kepada kelompok kontrol untuk mendapatkan hasil yang baik

Jakarta,

Peneliti,

Wali Responden,

## LEMBAR PENGUMPULAN DATA

Tanggal/Jam :  
Nama :  
Jenis Kelamin :  
Tanggal Lahir :  
Usia :  
Pekerjaan :  
Hobi :  
Alamat :  
No. HP :  
TB/BB :

### A. Nilai Postural Control

Pengukuran menggunakan CTSIB dan GARS digunakan untuk menilai kemampuan postural control pada anak dengan autis.

No	Nilai CTSIB (pre)	Nilai CTSIB (post)
1		



B. Kehadiran dan Persiapan kegiatan Perlakuan

<b>Pertemuan</b>	<b>Tanggal Pertemuan</b>	<b>Paraf</b>
Minggu 1		
Minggu 2		
Minggu 3		
Minggu 4		

C. Evaluasi

Evaluasi dilakukan pre dan post perlakuan pertama dan perlakuan terakhir terhadap kelompok perlakuan I dan perlakuan II. Tindakan evaluasi dilakukan dengan instrument CTSIB dan GARS.



## **Modified Clinical Test of Sensory Interaction in Balance**

This test allows for preliminary assessment of how well a patient can integrate various senses with respect to balance and compensate when one or more of those senses are compromised.

Sensory system involvement is modulated within various conditions as follows:

- Condition 1: Three sensory systems available for balance (vision, vestibular, somatosensory).
- Condition 2: Vestibular and somatosensory available. Vision absent.
- Condition 3: Vestibular and vision available. Somatosensory compromised.
- Condition 4: Vestibular available. Vision absent, somatosensory compromised.

**Equipment/set-up:** Two foam pads (dense enough to avoid bottoming out – recommend Airex) and a stopwatch required.

**Starting Position:** Patient stands with feet shoulder width apart and arms crossed over chest.

**Protocol:** A 30-second trial is timed using a stopwatch. Time is stopped during a trial and recorded if: a) patient deviates from initial crossed arm position, b) patient opens eyes during an “eyes closed” trial condition, or c) patient moves feet (takes a step) or requires manual assistance to prevent loss of balance. A trial is successful if the patient is capable of maintaining the starting position independently for a period of 30 seconds.

A maximum of three (3) trials are performed for all conditions. Trials are performed until the patient either: a) successfully maintains the starting position for an entire 30-seconds, or b) completes three, 30-second trials to the best of their ability.

Monitor subject for potential falling risk during entire trial. Stand near subject with one arm in front of and one arm behind (not touching) them. Instruct them that if they feel they are falling and unable to maintain their balance to open their eyes (if closed) and step off of the pad.

### **Scoring:**

- Conditions 1 thru 4: Record the time (in seconds) the patient was able to maintain the starting position (maximum of 30 seconds). Remember to record the times for all trials.

Total Score = Ave Time Cond1 + Ave Time Cond2 + Ave Time Cond3 + Ave Time Cond4

## Modified Clinical Test of Sensory Interaction in Balance Scoring Sheet

Subject Name: \_\_\_\_\_

Date: \_\_\_\_\_

Tester: \_\_\_\_\_

*Proceed to next condition when one 30-second trial is completed or all 3 trials are performed.*

- Condition 1: Eyes open, firm surface
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec Mean score \_\_\_\_\_
  
- Condition 2: Eyes closed, firm surface
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec Mean score \_\_\_\_\_
  
- Condition 3: Eyes open, foam surface
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec Mean score \_\_\_\_\_
  
- Condition 4: Eyes closed, foam surface
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec
  - Total time: \_\_\_/30 sec Mean Score \_\_\_\_\_

TOTAL SCORE: \_\_\_/



**SURAT PERNYATAAN BUKAN PLAGIAT**

Saya yang bertanda tangan di bawah ini,

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Menyatakan bahwa saya tidak melakukan kegiatan plagiat dalam penelitian dan penulisan skripsi yang berjudul:

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

Apabila suatu saat nanti terbukti saya melakukan kegiatan plagiat, maka saya bersedia menerima sanksi yang ditetapkan.

Demikian surat pernyataan ini saya buat dengan sebenar-benarnya.

Jakarta, Agustus 2018

Saksi,

Fakultas Fisioterapi

Syahmirza Indra Lesmana, SKM, S.Ft, M.OR

Dekan

Yang Membuat Pernyataan,



Orisa Elfath