



## ABSTRAK

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### **PERBEDAAN PENAMBAHAN *SUSTAINED NATURAL APOPHYSEAL GLIDES* (SNAGs) PADA INTERVENSI *SCHROTH EXERCISE* TERHADAP KURVA TORAKAL PADA KASUS HIPERKIFOSIS**

Terdiri dari VI Bab, 77 Halaman, 7 Tabel, 10 Gambar, 1 Grafik, 3 Skema, 10 Lampiran

**Tujuan:** untuk mengetahui perbedaan intervensi *Schroth exercise* dan *Schroth exercise* dengan *SNAGs* terhadap penurunan kurva torakal pada kasus hiperkifosis. **Metode:** penelitian ini bersifat *quasi experimental* dengan *pre test-post test design*, dimana kurva diukur flexible curve ruler. Sampel terdiri dari 16 orang dipilih berdasarkan rumus *pocock*. Sampel dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 8 orang dengan intervensi *Schroth exercise* dan kelompok perlakuan II terdiri dari 8 orang dengan intervensi *Schroth exercise* dengan *SNAGs*. **Hasil:** Uji normalitas dengan *Shapiro Wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *paired sample t-test* diketahui intervensi *Schroth exercise* dapat menurunkan derajat kurva torakal pada kasus hiperkifosis dengan nilai ( $p=0,000$ ). Pada kelompok perlakuan II dengan *paired sample t-test*, diketahui *Schroth exercise* dengan kombinasi *SNAGs* dapat menurunkan derajat kurva torakal pada kasus hiperkifosis dengan nilai ( $p=0,000$ ). Pada hasil *independent sample t-test* diketahui tidak ada perbedaan penambahan *SNAG* pada intervensi *Schroth exercise* terhadap penurunan kurva torakal pada kasus hiperkifosis dengan nilai ( $p=0,658$ ). **Kesimpulan:** tidak ada perbedaan intervensi penambahan *SNAG* pada intervensi *Schroth exercise* terhadap penurunan kurva torakal pada kasus hiperkifosis.

Kata Kunci: *Schroth Exercise*, *Sustained Natural Apophyseal Glides*, *Hiperkifosis torakal*.



## ABSTRACT

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***THE DIFFERENCE OF ADDITION SUSTAINED NATURAL APOPHYSEAL GLIDES (SNAGs) ON THE INTERVENTION OF SCHROTH EXERCISE TOWARDS OF THORACIC CURVES IN HYPERKYPHOSIS CASE.***

*Consisting of VI Chapter, 77 Maps, 7 Tables, 10 Pictures, 1 Graphs, 3 Scheme, 10 Attachment*

**Objective:** *To determine differences Schroth exercise with the combination of Schroth exercise and Sustained Natural Apophyseal Glides (SNAGs) to the thoracic curve in hyperkyphosis case. Methods:* *This study is a quasi experiment with the pre-test and post-test design, where a decrease in the degree of the curve measured hyperkyphosis using flexible ruler. The sample consisted of 16 students of Esa Unggul University then randomly selected into two groups. The first treatment group consisted of 8 samples with a given Schroth exercise, and the second treatment group consisted of 8 samples with a SNAGs and Schroth exercise. Results:* *Shapiro Wilk normality test is normal distribution of data obtained while the homogeneity test with levene's test data obtained has a homogeneous variant. The results of hypothesis testing in the first treatment group with paired samples t-test, ( $p$  value = 0.000) for the thoracic curve, which means Schroth exercise training can reduce the degree of the curve hyperkyphosis. In the second treatment group with paired samples t-test, ( $p$  value = 0.001) for the thoracic curve, the meaning is interventions can reduce the degree hyperkhyphosis curve. On the results of independent samples t-test showed ( $p$  value = 0.658), which means there is no significant difference of the addition of SNAGs on Schroth exercise to decrease the thoracic curve. Conclusion:* *There is no significant difference in the effect of the addition of SNAGs on Schroth exercise to decrease the thoracic curve in hyperkyphosis case.*

**Keywords:** *Schroth Exercise, Sustained Natural Apophyseal Glides, Thoracic Hyperkyphosis*