

## ABSTRAK



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### **PERBEDAAN PEMBERIAN *OTAGO EXERCISE* DAN *TANDEM WALKING EXERCISE* DALAM KESEIMBANGAN DINAMIS TERHADAP PASIEN *PASCA STROKE***

Terdiri 6 Bab, 79 Halaman, 15 Tabel, 13 Gambar, 5 Grafik, 8 Lampiran

**Tujuan** : Untuk mengetahui Perbedaan pemberian intervensi *Otago Exercise* dengan intervensi *Tandem Walking Exercise* dalam keseimbangan dinamis terhadap pasien pasca stroke. **Metode** : Metode penelitian dengan menggunakan pendekatan eksperimental dengan rancangan penelitian *pre-intervention and post-intervention control group design*. Sampel terdiri dari 26 pasien pasca stroke di Unit pelayanan Fisioterapi RS Pertamina Cirebon. Penarikan sampel dengan teknik *purposive sampling* dengan kriteria inklusi dan eksklusi yang harus dipenuhi. Alat ukur yang digunakan dalam penelitian ini adalah *TUGT'S (Time Up and Go Test)*. **Hasil** : Hasil uji normalitas dengan dengan Shapiro-wilk Test didapatkan hasil bahwa kedua variabel berdistribusi normal dengan nilai  $p = 0.042$  pada kelompok I, dan nilai  $p = 0.271$  pada kelompok II. Hasil uji hipotesis dengan metode uji komparasi pada *Independent t\_test* yang yang menghasilkan nilai  $p = 0.676$ . **Kesimpulan** : Tidak ada perbedaan *Otago Exercise* dan *Tandem Walking Exercise* terhadap keseimbangan dinamis pasien *pasca* stroke.

Kata Kunci : Stroke, Keseimbangan dinamis, *Otago Exercise*, *Tandem Walking*, *Time Up and Go Test (TUGT'S)*

## ABSTRACT



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### **DIFFERENCES IN THE PROVISION OF OTAGO EXERCISE AND TANDEM WALKING EXERCISE IN THE DYNAMIC BALANCE OF THE PATIENT'S POST-STROKE PATIENTS**

Comprising 6 chapters, 79 pages, 15 tables, 13 images, 5 charts, 8 appendices

**Objectives:** To determine the difference in the intervention of Otago Exercise with Tandem Walking Exercise intervention in the dynamic balance of post-stroke patients. **Methods:** Research method using an experimental approach with research draft pre-intervention and post-intervention control group design. Samples consisted of 26 post-stroke patients in the physiotherapy services Unit of Pertamina Cirebon HOSPITAL. Withdrawal of samples with purposive sampling techniques with inclusion and exclusion criteria that must be met. The measuring instrument used in this research is TUGT'S (Time Up and Go Test). **Result:** test result normality with the Shapiro-Wilk Test obtained the result that both variables are normal distribution with a value of  $P = 0042$  in group I, and the value  $P = 0271$  in group II. Hypothesis test results with a comparison test method on Independent  $t_{\text{test}}$  which yields a value of  $P = 0676$ . **Conclusion:** There was a Not difference Otago Exercise and Tandem Walking Exercise to the dynamic balance of patients with post-stroke.

**Keywords:** Stroke, dynamic balance, Otago Exercise, Tandem Walking, Time Up and Go Test (TUGT'S)