

SKRIPSI, Februari 2019

**Oki Amelianto**

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

**PERBEDAAN *CORE STABILITY EXERCISE* DENGAN *SQUARE HOP EXERCISE* PADA *WOBBLE BOARD EXERCISE* DALAM MENINGKATKAN STABILITAS ANKLE PADA KASUS ANKLE SPRAIN KRONIK**

Terdiri dari VI Bab, 96 Halaman, 12 Tabel, 13 Gambar, 4 Skema, 6 Lampiran

**Tujuan:** penelitian, untuk mengetahui perbedaan *core stability exercise* dengan *square hop exercise* pada *wobble board exercise* dalam meningkatkan stabilitas *ankle* pada kasus *ankle sprain kronik*. **Metode:** penelitian ini bersifat *quasi experimental* dengan *pre test-post test*, dimana tingkat stabilisasi *ankle* diukur menggunakan *The Balance Error Scoring System (BESS)*. Sampel terdiri dari 16 orang dipilih berdasarkan pemeriksaan. Sampel dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 8 orang dengan intervensi *core stability exercise* dan *wobble board exercise* dan kelompok perlakuan II terdiri dari 8 orang dengan intervensi *square hop exercise* dan *wobble board exercise*. **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*, didapatkan nilai  $p=0,000$  pada BESS yang berarti intervensi *core stability exercise* dan *wobble board exercise* dapat meningkatkan stabilisasi *ankle* pada kasus *ankle sprain kronik*. Pada kelompok perlakuan II dengan *paired sample t-test*, didapatkan nilai  $p=0,000$  pada BESS yang berarti intervensi *square hop exercise* dan *wobble board exercise* kasus *ankle sprain kronik* dapat meningkatkan stabilisasi *ankle* pada kasus *ankle sprain kronik*. Pada hasil *independent sample t-test* menunjukkan nilai  $p=0,02$  pada BESS yang berarti ada perbedaan perbedaan pemberian intervensi *core stability exercise* dan *wobble board exercise* dengan *square hop exercise* dan *wobble board exercise* dalam meningkatkan stabilisasi *ankle* dengan kasus *ankle sprain kronik*. **Kesimpulan:** Ada perbedaan perbedaan pemberian intervensi *core stability exercise* dan *wobble board exercise* dengan *square hop exercise* dan *wobble board exercise* dalam meningkatkan stabilisasi *ankle* dengan kasus *ankle sprain kronik*. Kata Kunci : intervensi *core stability exercise*, *square hop exercise*, *wobble board exercise*.



## **ABSTRACT**

*UNDERGRADUATE THESIS, february 2019*

**Oki Amelianto**

*S1 Program of Physiotherapy*

*Faculty of Physiotherapy*

*Esa Unggul University*

### ***DIFFERENCE OF CORE STABILITY EXERCISE WITH SQUARE HOP EXERCISE ON WOBBLE BOARD EXERCISE ON INCREASE ANKLE STABILITY IN CASE ANKLE SPRAIN CHRONIC***

*Consists of VI Chapters, 96 Pages, 12 Tables, 13 Images, 4 Schemes, 6 Attachments*

Objective: research, to find out the difference between core stability exercise and square hop exercise on wobble board exercise in increasing ankle stability in the case of chronic ankle sprain Method: this study is quasi-experimental with pre-post-test tests, where the level of ankle stabilization is measured using The Balance Error Scoring System (BESS). The sample consisted of 16 people selected based on examination. Samples were grouped into 2 groups, treatment group I consisted of 8 people with core stability exercise intervention and wobble board exercise and treatment group II consisted of 8 people with square hop exercise intervention and wobble board exercise. Results: The normality test with the Shapiro Wilk test obtained normal distribution of data while the homogeneity test with Levene's test obtained the data has a homogeneous variant. Hypothesis test results in the treatment group I with paired sample t-test, obtained  $p = 0,000$  in BESS which means intervention of core stability exercise and wobble board exercise can increase ankle stabilization in cases of chronic ankle sprain. In treatment group II with paired sample t-test,  $p = 0,000$  was obtained in BESS, which means square hop exercise intervention and wobble board exercise in cases of chronic ankle sprain can increase ankle stabilization in cases of chronic ankle sprain. The results of the independent sample t-test showed a value of  $p = 0.02$  in BESS which means that there are differences in the provision of interventions core stability exercise and wobble board exercise with square hop exercise and wobble board exercise in increasing ankle stabilization with chronic ankle sprain cases. Conclusion: There are differences in the provision of interventions of core stability exercise and wobble board exercise with square hop exercise and wobble board exercise in increasing ankle stabilization with chronic ankle sprain cases.

Keywords: intervention of core stability exercise, square hop exercise, wobble board exercise.