

ABSTRAK



SKRIPSI, Januari 2018

Siti Halimah

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

PERBEDAAN *STRENGTHENING EXERCISE* PADA HIDROTERAPI DENGAN *LAND BASED EXERCISE* TERHADAP PENINGKATAN FUNGSIONAL PADA OSTEOARTHRITIS LUTUT

Terdiri dari VI bab, 90 Halaman, 16 Tabel, 10 Gambar, 5 Grafik, - 4 Skema, - 5 Lampiran

Tujuan: Untuk mengetahui perbedaan *strengthening exercise* pada hidroterapi dengan *land based exercise* terhadap peningkatan fungsional pada osteoarthritis lutut. **Metode:** Metode penelitian bersifat *quasi experiment* dengan sampel terdiri dari 16 orang pasien osteoarthritis lutut yang dipilih berdasarkan teknik *matching allocation* dan dikelompokkan menjadi 2 kelompok masing-masing kelompok terdiri dari 8 orang, kelompok perlakuan I dengan *strengthening exercise* pada hidroterapi dan kelompok perlakuan II dengan *strengthening exercise* pada *land based exercise*. Latihan dilakukan selama 2 minggu sekali selama 6 minggu dan fungsional lutut diukur menggunakan kuisioner WOMAC. **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 hipotesa I dengan *Paired Sample T-Test*, didapatkan nilai $p=0,001$. Uji hipotesa II, didapatkan nilai $p=0,003$ yang berarti pemberian latihan pada kedua kelompok perlakuan dapat meningkatkan fungsional pada osteoarthritis lutut. Pada hasil *T-Test Independent* menunjukkan nilai $p=0,002$ yang berarti terdapat perbedaan pengaruh yang signifikan antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan:** Ada perbedaan antara *strengthening exercise* pada hidroterapi dengan *strengthening exercise* pada *land based exercise* terhadap peningkatan fungsional pada osteoarthritis lutut.

Kata Kunci: *Strengthening Exercise*, Hidroterapi, *Land Based Exercise*, Fungsional, Osteoarthritis Lutut

ABSTRACT



Thesis, January 2018

Siti Halimah

Undergraduate Physiotherapy Study Program
Faculty of Physiotherapy
Esa Unggul University

DIFFERENCE OF STRENGTHENING EXERCISE IN HYDROTHERAPY WITH LAND BASED EXERCISE ON FUNCTIONAL IMPROVEMENTS IN KNEE OSTEOARTHRITIS

Consists of VI Chapters, 90 Pages, 16 Tables, 10 Images, 5 Graph, 4 Schemes, 5 Annex

Objective: To determine the difference between strengthening exercise in hydrotherapy with land based exercise on functional improvement in knee osteoarthritis. **Methods:** The research method is quasi-experimental with a sample of 16 knee osteoarthritis patients selected based on matching allocation techniques and grouped into 2 groups, each group consisting of 8 people, treatment group I with strengthening exercise in hydrotherapy and treatment group II with strengthening exercises on land based exercises. Exercises were performed every 2 weeks for 6 weeks and functional knees were measured using the WOMAC questionnaire. **Results:** Normality test with Shapiro Wilk Test obtained normal distribution of data, while the homogeneity test with Levene's Test obtained data have homogeneous variants. Hypothesis I Test Results with Paired Sample T-Test, obtained $p = 0.001$. Hypothesis II test, obtained $p = 0.003$ which means that the provision of exercise in both treatment groups can improve functional osteoarthritis of the knee. The results of the Independent T-Test show the value of $p = 0.002$ which means there is a significant difference in effect between the treatment group I and treatment group II. **Conclusion:** There is a difference between strengthening exercise in hydrotherapy and strengthening exercise in land based exercise to functional improvement in knee osteoarthritis.

Keywords : Strengthening Exercise, Hydrotherapy, Land Based Exercise, Functional, Knee Osteoarthritis