



ABSTRACT

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THE DIFFERENCES INFLUENCE OF POWER GRIP EXERCISE AND PRECISION GRIP EXERCISE IN IMPROVING THE FUNCTIONAL ACTIVITY OF HAND POST STROKE'S PATIENTS AT HERMINA JATINEGARA HOSPITAL

Consist of VI Chapter, 59 Pages, 9 Table, 16 Images, 9 Appendix.

Objective: To find out the subjectivity of the difference in power grip exercise and precision grip exercise in improving the functional activities of post stroke patients' hands. **Methods:** Quasi-experimental research with pre-post-test design. The total sample in this study were 18 people who were divided into 2 groups and each group numbered 9 people. Group I with power grip exercise intervention and group II precision grip exercise with increased value of functional activity of the hands measured by CAHAI 13. **Results:** Hypothesis tests I and II with paired sample t-test showed p values <0.001 . This means that giving group I or II intervention can significantly increase the functional activity of the hands of post stroke patients. Furthermore, hypothesis III between two groups with independent sample t-test obtained p value <0.001 , meaning that there was a significant difference between group I and group II and this study shows that precision grip exercises are better than power grip exercises with differences in the average difference and the standard deviation of 8.00 ± 2.73 in group I and 15.56 ± 4.79 in group II. **Conclusion:** There was a difference between power grip exercise and precision grip on increasing functional activity of the hands of post stroke patients.

Keywords: Post Stroke, Power Grip Exercise, Precision Grip Exercise