

ABSTRAK



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Ni Kadek Dwi Wulandari

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

PENAMBAHAN LATIHAN *QUADRICEPS BAND* PADA LATIHAN *QUADRICEPS SETTING* LEBIH BAIK DALAM MENINGKATKAN AKTIVITAS FUNGSIONAL OSTEOARTHRITIS SENDI LUTUT

Terdiri VI Bab, 62 Halaman, 6 Tabel, 6 Gambar, 5 Lampiran

Tujuan: Untuk membuktikan penambahan latihan *quadriceps band* pada latihan *quadriceps setting* lebih baik dalam meningkatkan aktivitas fungsional osteoarthritis sendi lutut. **Metode :** Penelitian ini bersifat *quasi eksperimental* dengan *pre test-post test group design* sampel dipilih berdasarkan teknik *purposive sampling*, dimana tingkat aktivitas fungsional diukur menggunakan *Modified The Western Ontario and McMaster Universities Osteoarthritis (WOMAC) Index*. Sampel terdiri dari 16 orang dipilih berdasarkan rumus *pocok*. Sampel dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 8 orang dengan latihan *quadriceps setting*, kelompok perlakuan II terdiri dari 8 orang dengan latihan *quadriceps band* dan *quadriceps setting*. **Hasil:** Uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan varian homogen. Hasil uji hipotesis pada kelompok perlakuan I dan perlakuan kelompok II dengan *paired sample t-test*, didapatkan nilai $p < 0,0001$ pada *modified WOMAC index* yang berarti latihan *quadriceps setting* dengan latihan *quadriceps band* dan *quadriceps setting* dapat meningkatkan aktivitas fungsional osteoarthritis sendi lutut. Pada hasil *independent sample t-test* menunjukkan nilai $p=0,003$ pada *modified WOMAC* yang berarti ada perbedaan latihan *quadriceps band* dan latihan *quadriceps setting* lebih baik dalam meningkatkan aktivitas fungsional osteoarthritis sendi lutut. **Kesimpulan:** Latihan *quadriceps band* dan latihan *quadriceps setting* lebih baik dari pada latihan *quadriceps setting* dalam meningkatkan aktivitas fungsional osteoarthritis sendi lutut.

Kata Kunci: *Quadriceps Setting, Quadriceps Band, Osteoarthritis Sendi Lutut.*

ABSTRACT



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Ni Kadek Dwi Wulandari

Physiotherapy Study Program

Faculty of Physiotherapy

Esa Unggul University

”ADDING OF QUADRICEPS BENCH TRAINING ON BETTER QUADRICEPS TRAINING IN INCREASING FUNCTIONAL ACTIVITY OF OSTEOARTHRITIS KNEE JOINT”

Consists of VI Chapter, 62 Pages, 6 Tables, 6 Pictures, 5 Attachments

Objective: To prove the addition of quadriceps band exercises to quadriceps setting exercises is better in increasing the functional activity of knee joint osteoarthritis. **Method:** This was a quasi-experimental study with pre-post-test group design sample selected based on purposive sampling technique, where the level of functional activity was measured using the Modified The Western Ontario and McMaster Universities Osteoarthritis (WOMAC) Index. The sample consisted of 16 people selected based on the shake formula. Samples were grouped into 2 groups, treatment group I consisted of 8 people with quadriceps setting exercises, treatment group II consisted of 8 people with quadriceps band training and quadriceps settings. **Results:** Normality test with Shapiro Wilk test obtained data with normal distribution while homogeneity test with Levene's test obtained homogeneous variants. Hypothesis test results in the treatment group I and group II treatment with paired sample t-test, obtained p value $< 0,0001$ on the modified WOMAC index which means quadriceps setting exercises with quadriceps band and quadriceps setting exercises can increase the functional activity of knee joint osteoarthritis. The results of the independent sample t-test showed the value of $p = 0.003$ on modified WOMAC which means there are differences in quadriceps band training and quadriceps setting exercises are better in increasing the functional activity of knee joint osteoarthritis. **Conclusion:** Quadriceps band exercises and quadriceps setting exercises are better than quadriceps setting exercises in increasing the functional activity of osteoarthritis of the knee joint.

Keywords: *Quadriceps Setting, Quadriceps Band, Knee Joint Osteoarthritis.*