



## ABSTRAK

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### PENAMBAHAN LATIHAN *VISUAL CUE TRAINING (VCT)* PADA *GAIT TRAINING EXERCISE* TERHADAP KEMAMPUAN FUNGSIONAL BERJALAN PADA INSAN PASCA STROKE

Terdiri dari VI Bab, 61 Halaman, 6 Tabel, 9 Gambar, 7 Lampiran.

**Tujuan :** Untuk mengetahui penambahan latihan *Visual Cue Training (VCT)* pada *gait training exercise* terhadap kemampuan fungsional berjalan pada insan pasca stroke. **Metode:** Penelitian bersifat *quasi experimental* dengan *pre test-post test*, nilai kemampuan fungsional berjalan insan pasca stroke diukur menggunakan *dynamic gait index*. Sampel keseluruhan 20 orang dibagi menjadi 2 kelompok. Kelompok perlakuan I dengan intervensi *gait trainng exercise* memiliki nilai  $mean \pm SD$  sebelum intervensi  $6,90 \pm 0,994$  dan setelah intervensi  $13,70 \pm 1,160$ , kelompok perlakuan II dengan intervensi *gait training exercise* ditambah dengan *visual cue trainng* memiliki nilai  $mean \pm SD$  sebelum intervensi  $11,00 \pm 1,054$  dan setelah intervensi  $21,70 \pm 2,119$ . **Hasil:** Uji normalitas dengan *Shapiro Wilk test* didapatkan data berdistribusi normal dan uji homogenitas dengan *Levene's test* didapatkan data bervarian homogen. Hasil uji hipotesis kelompok I dengan *Paired Sample t-Test*, nilai  $p < 0,0001$  yang artinya pemberian *gait training exercise* dapat meningkatkan kemampuan fungsional berjalan. Kelompok perlakuan II dengan *Paired Sample t-test* nilai  $p < 0,0001$ , artinya penambahan intervensi *visual cue training* pada *gait training exercise* dapat meningkatkan fungsional berjalan. Hasil *Independent sample t-test* nilai  $p < 0,001$ , artinya terdapat perbedaan antara *gait trainning exercise* dan penambahan *visual cue training* pada *gait training exercise* dalam meningkatkan kemampuan fungsional berjalan. **Kesimpulan:** Ada perbedaan antara *gait training exercise* dan penambahan *visual cue trainig* pada *gait training exercise* dalam peningkatan fungsional berjalan pada insan pasca stroke.

**Kata Kunci:** Fungsional Berjalan, Insan Pasca Stroke, *Gait Training Exercise*, *Visual Cue Training*.



## ABSTRACT

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### **ADDITIONAL EXERCISE OF VISUAL CUE (VCT) TRAINING ON GAIT TRAINING ON RUNNING FUNCTIONAL ABILITY IN POST-STROKE PATIENTS**

Consist of VI Chapter, 61 Pages, 6 Table, 9 Images, 7 Appendix

**Objective:** To determine the addition of Visual Cue Training (VCT) training in gait training exercise on functional ability to walk in post-stroke patients. **Method:** Quasi-experimental research with pre-post-test, post-stroke patients' functional ability scores were measured using dynamic gait index. A total sample of 20 people was divided into 2 groups. The treatment group I with gait training exercise intervention had mean  $\pm$  SD before intervention  $6.90 \pm 0.994$  and after intervention  $13.70 \pm 1.160$ , treatment group II with gait training exercise intervention added with visual cue trainng had mean value  $\pm$  SD before intervention  $11 , 00 \pm 1.054$  and after the intervention  $21.70 \pm 2.119$ . **Results:** Normality test with Shapiro Wilk test obtained data with normal distribution and homogeneity test with Levene's test obtained homogeneous variant data. The results of the hypothesis of group I with Paired Sample t-Test, p value  $<0,0001$  which means that giving gait training exercise can improve functional ability to walk. Treatment group II with Paired Sample t-test p value  $<0.0001$ , meaning that the addition of visual cue training intervention to gait training exercise can improve functional walking. The results of the Independent sample t-test p value  $<0.001$ , meaning that there is a difference between gait training training and the addition of visual cue training to gait training exercise in improving functional ability to walk. **Conclusion:** There is a difference between gait training exercise and the addition of visual cue trainig to gait training exercise in improving functional functioning in post-stroke human beings.

**Keywords:** Functional Walking, Post-Stroke People, Gait Training Exercise, Visual Cue Training.