



## ABSTRAK

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### **HUBUNGAN ANTARA POSTUR KAKI DENGAN LINGKUP GERAK SENDI HIP PADA ORANG DEWASA**

Terdiri dari VI Bab,

**Tujuan:** Untuk mengetahui hubungan antara postur kaki dengan lingkup gerak sendi hip pada orang dewasa. **Metode:** Penelitian ini dilakukan dengan pendekatan kuantitatif dengan desain penelitian deskriptif korelasi, dimana menggambarkan kekuatan dan arah hubungan dua variabel. Postur kaki diukur dengan menggunakan Foot Posture Index-6, dan lingkup gerak sendi hip dihitung pada gerakan eksternal rotasi hip secara aktif dengan menggunakan Goniometer Universal. Sampel keseluruhan berjumlah 40 dimana memiliki skor mean $\pm$ SD FPI-6 dengan mean  $6,41\pm2,72$  dan lingkup gerak sendi hip dengan mean  $33,31\pm10,69$ . **Hasil:** Uji normalitas dengan Sapiro Wilk Test didapatkan data berdistribusi normal. Uji hipotesis dengan Pearson Correlation Test menghasilkan nilai  $p=0,000013$  dengan nilai  $r=-0,631$ . Hal ini menunjukkan bahwa terdapat korelasi yang signifikan antara besar Foot Posture Index-6 dengan lingkup gerak sendi eksternal rotasi hip dimana semakin tinggi nilai skor Foot Posture Index-6 maka semakin rendah nilai lingkup gerak sendi eksternal rotasi hip. **Kesimpulan:** Ada hubungan antara postur kaki dengan lingkup gerak sendi hip.

**Kata Kunci :** Postur kaki, Lingkup gerak sendi hip Foot Posture Index-6, Goniometer.

## ABSTRAK

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### THE RELATIONSHIP BETWEEN FOOT POSTURE AND HIP RANGE OF MOTION IN ADULT

Consist of VI chapter

**Objective:** Determine the relationship between foot posture and hip range of motion in adult. **Method:** This research was conducted with quantitative approach with descriptive research design, which describes the strength and direction of the relationship between the two variables. Foot posture was measured using the Foot Posture Index-6, and the range of motion of the hip joint was calculated on active hip rotation using a Universal Goniometer. Total sample was 40 which had a mean $\pm$ SD, FPI-6 with a mean  $6,41\pm2,72$  and range of motion of the hip joint with a mean  $33,31\pm10,69$ . **Result:** Normality test with the Sapiro Wilk Test obtained normal distributed data. Hypothesis testing with the Pearson Correlation Test resulted in  $p$  value= $0,000013$  with a value of  $r=-0,631$ . This shows that there is a significant correlation between the size of the Foot Posture Index-6 and the range of motion of external rotation of hip joint where the higher score for the FPI-6, the lower value of range of motion of external rotation of hip joint. **Conclusion:** There is relationship between foot posture and the range of motion of the hip joint.

**Keyword :** Foot posture, Hip range of motion, Foot Posture Index-6, Goniometer.