

## ABSTRAK



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### **PEREBEDAAN INTERVENSI *MECHANICAL TRACTION* DAN *WALKING EXERCISE* DENGAN *MAITLAND MOBILIZATION* DAN *WALKING EXERCISE* TERHADAP PENURUNAN DISABILITAS PADA KASUS OSTEOARTHRITIS LUTUT**

Terdiri VI Bab, 92 Halaman, 11 Tabel, 10 Gambar, 5 Skema, 8 Lampiran

**Tujuan:** Untuk mengetahui perbedaan *Mechanical traction* dan *walking exercise* dengan *Maitland mobilization* dan *walking exercise* terhadap penurunan disabilitas pada kasus osteoarthritis lutut. **Metode:** Penelitian ini bersifat *quasi experimental* dengan *pre test-post test design group*, dimana disabilitas diukur menggunakan *modified the Western Ontario and McMaster Universities (WOMAC) index*. Sampel terdiri dari 20 orang di RW 003 Kedaung Kali Angke. Sampel dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 10 orang sampel dengan intervensi *mechanical traction* dan *walking exercise*, sedangkan kelompok perlakuan II terdiri dari 10 orang sampel dengan intervensi *Maitland mobilization* dan *walking exercise*. **Hasil:** Hasil Uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan varian bersifat homogen. Hasil uji hipotesis I dengan *paired sample t-test*, didapatkan  $p < 0,0001$  pada *WOMAC index*. Pada uji hipotesis II dengan *paired sample t-test*, didapatkan  $p < 0,0001$  pada *WOMAC index*. Dan uji hipotesis III dengan *independent sample t-test* menunjukkan nilai  $p < 0,0001$  pada *WOMAC index*. **Kesimpulan:** Ada perbedaan antara intervensi *mechanical traction* dan *walking exercise* dengan *Maitland mobilization* dan *walking exercise* terhadap penurunan disabilitas pada kasus osteoarthritis lutut.

**Kata Kunci:** *mechanical traction, Maitland mobilization, walking exercise, osteoarthritis lutut, modified WOMAC index*

## ABSTRACT



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### **THE DIFFERENCE BETWEEN THE MECHANICAL TRACTION AND WALKING EXERCISE WITH THE MAITLAND MOBILIZATION AND WALKING EXERCISE INTERVENTIONS TO REDUCING DISABILITY IN OSTEOARTHRITIS KNEE CASES**

Consists of VI Chapters, 92 Pages, 11 Tables, 10 Figures, 5 Schemes, 8 Attachments

**Objective:** To determine the difference between *mechanical traction* and *walking exercise* with *Maitland mobilization* and *walking exercise* to reduce disability in knee osteoarthritis. **Method:** This is a *quasi experimental study* with a *pre-post test design group*, where disabilities were measured using a *modified the Western Ontario and McMaster Universities (WOMAC) index*. The sample consisted of 20 people at RW 003 Kedaung Kali Angke. The samples were grouped into 2 groups, the first treatment group consisted of 10 samples with the intervention of *mechanical traction* and *walking exercise*, while the second treatment group consisted of 10 samples with the intervention of *Maitland mobilization* and *walking exercise*. **Results:** The results of normality test using *Shapiro Wilk test* showed the data are normally distributed, while the results of homogeneity test using *Levene's test* showed the variants are homogeneous. The result of hypothesis I test using *paired sample t-test* showed the p-value  $< 0.0001$  on the *WOMAC index*. The result of hypothesis II test using *paired sample t-test*, showed the p-value  $< 0.0001$  on the *WOMAC index*. And the result of hypothesis III test using *independent sample t-test* showed p-value  $< 0.0001$  on the *WOMAC index*. **Conclusion:** There is a difference between *mechanical traction* and *walking exercise* interventions with *Maitland mobilization* and *walking exercise* in reducing disability in cases of knee osteoarthritis.

**Keywords:** *mechanical traction, Maitland mobilization, walking exercise, knee of osteoarthritis, modified WOMAC index*