

ABSTRAK



SKRIPSI, Agustus 2020

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PERBEDAAN MINI-TRAMPOLINE EXERCISE DAN OTAGO EXERCISE DALAM MENINGKATKAN KESEIMBANGAN PADA LANSIA

Terdiri dari VI Bab, 58 Halaman, 5 Gambar, 13 Tabel, 5 Grafik, 5 Skema, 7 Lampiran

Tujuan : Untuk mengetahui perbedaan *mini-trampoline exercise* dan *otago exercise* dalam meningkatkan keseimbangan pada lansia. **Metode :** Merupakan penelitian *quasi experiment*. Sampel terdiri dari 20 orang di Perumahan BJI, Danita, Bekasi Timur. Sampel dikelompokkan menjadi 2 kelompok, dengan setiap kelompok berjumlah 10 orang. **Hasil :** Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal sedangkan dengan uji homogenitas dengan *Levene's Test* didapatkan data memiliki varian homogen. Hasil uji *Paired Sampels T-test* pada kelompok perlakuan II didapatkan nilai $p < 0,001$ yang berarti intervensi *otago exercise* dapat meningkatkan keseimbangan pada lansia. Pada hasil *Independent Sampels T-test* menunjukkan nilai $p < 0,05$ berarti ada perbedaan pemberian *mini-trampoline exercise* dan *otago exercise* dalam meningkatkan keseimbangan pada lansia. **Kesimpulan :** Ada perbedaan meningkatkan pada pemberian *mini-trampoline exercise* dan *otago exercise* dalam meningkatkan keseimbangan pada lansia.

Kata Kunci : *Mini-Trampoline Exercise, Otago Exercise, Timed Up and Go Test, Keseimbangan pada lansia*

ABSTRACT



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DIFFERENCES BETWEEN MINI-TRAMPOLINE EXERCISE AND OTAGO EXERCISE IN IMPROVING BALANCE IN THE ELDERLY

Consists of VI Chapter, 58 Pages, 5 Images, 13 Tables, 5 Graph, 5 Schema, 7 Appendix

Objective : *To know the difference between mini-trampoline exercise and otago exercise in improving balance in the elderly. **Method :** Is a quasi research experiment. The sample consisted of 20 people in BJI Housing, Danita, East Bekasi. The samples were grouped into 2 groups, with each group of 10 people. **Result :** Normality test with Shapiro Wilk Test obtained normal distributed data while with homogeneity test with Levene's Test obtained data has homogeneous variants. Paired Sample T-test results in treatment group I were obtained $p < 0.001$ which weighed mini-trampoline exercise intervention can improve balance in the elderly. Paired Sample T-test results in treatment group II obtained a $p < 0.001$ value that weighed otago exercise intervention can improve balance in the elderly. In the results independent sample t-test showed a p value of < 0.05 which weighed there was a difference in the administration of mini-trampoline exercise and otago exercise in improving balance in the elderly. **Conclusion:** There are increasing differences in the administration of mini-trampoline exercise and otago exercise in improving balance in the elderly.*

Keywords : *Mini-Trampoline Exercise, Otago Exercise, Timed Up and Go Test, balance on elderly*