

## ABSTRAK



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### **PERBEDAAN ANTARA LATIHAN *BICYCLE CRUNCH* DAN LATIHAN *SIT UP* PADA LATIHAN *CORE STABILITY* UNTUK MENURUNKAN LINGKAR PERUT WANITA USIA 25-35 TAHUN.**

Terdiri dari VI, 96 Halaman, 19 Gambar, 10 Tabel, 3 Grafik, 9 Lampiran

**Tujuan:** Untuk mengetahui perbedaan latihan *bicycle crunch* dan latihan *sit up* pada latihan *core stability* untuk menurunkan lingkaran perut wanita usia 25-35 tahun. **Metode:** Penelitian bersifat *quasi eksperiment*, dengan total sampel sebanyak 20 orang yang dipilih berdasarkan teknik *purposive random sampling*. Sampel dibagi menjadi 2 kelompok yang masing-masing 10 orang dengan frekuensi latihan yang diberikan 3 kali seminggu selama 5 minggu dimana kelompok I diberikan latihan *bicycle crunch* dan latihan *core stability* sedangkan kelompok II diberikan latihan *sit up* dan latihan *core stability*. Pada tiap kelompok nilai lingkaran perut wanita diukur dengan menggunakan *meterline (cm)*. **Hasil:** Uji hipotesis I dan II dengan *paired sampel t-test* menunjukkan nilai  $p < 0,001$ , yang artinya kombinasi latihan *bicycle crunch* atau latihan *sit up* pada latihan *core stability* dapat menurunkan lingkaran perut wanita. Hasil uji hipotesis III dengan *Mann Whitney U Test* didapatkan nilai  $p = 0,001$ , yang artinya terdapat perbedaan yang bermakna antara kedua intervensi tersebut dalam menurunkan lingkaran perut, dengan nilai *mean rank* 14,50 pada kelompok I dan 6,50 pada kelompok II. **Kesimpulan:** Ada perbedaan antara latihan *bicycle crunch* dengan latihan *core stability* dan latihan *sit up* dengan latihan *core stability* terhadap penurunan lingkaran perut wanita usia 25-35 tahun.

**Kata Kunci:** lingkaran perut wanita usia 25-35 tahun, *bicycle crunch*, *sit up*, *core stability*

## ABSTRAK



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### **DIFFERENCE BETWEEN EXERCISE OF BICYCLE CRUNCH AND SIT UP EXERCISE IN CORE STABILITY EXERCISE TO REDUCE WOMEN'S STYLE CIRCLE AGE 25-35 YEARS.**

Consists of VI chapter, 96 page, 19 pictures, 10 tables, 3 graphs, 9 attachments

**Goal:** Knowing the difference in bicycle crunch training and sit up exercises on core stability exercises to reduce the abdominal circumference of women aged 25-35 years. **Methods:** The study was quasi-experimental, with a total sample of 20 people selected based on purposive random sampling technique. The sample was divided into 2 groups of 10 people each with the frequency of exercise given 3 times a week for 5 weeks where group I was given bicycle crunch training and core stability training while group II was given sit up training and core stability training. In each group the value of a woman's abdominal circumference was measured using a meterline (cm).

**Results:** Hypothesis I and II tests with paired t-test samples showed a p value of  $<0.001$ , which means that a combination of bicycle crunch training or sit up training on core stability exercises can reduce a woman's abdominal circumference. The results of the third hypothesis test with the Mann Whitney U Test obtained  $p = 0.001$ , which means that there are significant differences between the two interventions in reducing abdominal circumference, with mean rank values of 14.50 in group I and 6.50 in group II. **Conclusion:** There is a difference between bicycle crunch training and core stability training and sit-up exercises with core stability training to decrease the abdominal circumference of women aged 25-35 years.

**Keywords:** abdominal circumference of women aged 25-35 years, bicycle crunch, sit up, core stability