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PENGARUH PEMBERIAN *TANDEM WALKING EXERCISE* DENGAN *CORE STABILITY EXERCISE* TERHADAP PENINGKATAN *DYNAMIC BALANCE* PADA PASIEN PASCA *STROKE HEMIPARESIS*

Terdiri dari VI Bab, 57 Halaman, 12 Tabel, 8 Lampiran.

Tujuan: Untuk mengetahui subjektivitas perbedaan *core stability exercise* dan *tandem walking exercise* pada peningkatan dynamic balance pada pasien pasca stroke. **Metode:** Penelitian bersifat *quasi experimental* dengan *pre test-post test* desain. Total sampel dalam penelitian ini adalah 12 orang yang dibagi menjadi 2 kelompok dan tiap kelompok berjumlah 6 orang. Kelompok I dengan intervensi *core stability exercise* dan kelompok II *tandem walking exercise* dengan nilai peningkatan dynamic balance diukur dengan Time Up and Go. **Hasil:** Uji hipotesis I dan II dengan *paired sampel t-test* menunjukkan nilai $p=0,001$ dan $p=0,015$. Hal ini berarti pemberian intervensi kelompok I ataupun II secara signifikan dapat meningkatkan dynamic balance pada pasien pasca stroke. Selanjutnya, hipotesis III antara dua kelompok dengan *independent sampel t-test* diperoleh nilai $p=0,097$, artinya tidak terdapat perbedaan yang signifikan antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan:** Ada pengaruh *core stability exercise* pada peningkatan dynamic balance pada pasien pasca stroke, ada pengaruh *tandem walking exercise* pada peningkatan dynamic balance pada pasien pasca stroke dan tidak ada perbedaan yang signifikan antara *core stability exercise* dan *tandem walking exercise* terhadap peningkatan dynamic balance pada pasien pasca stroke.

Kata Kunci: *Pasca Stroke, Core Stability Exercise, Tandem Walking Exercise.*



ABSTRACT

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INFLUENCE OF WALKING EXERCISE TANDEM USING CORE STABILITY EXERCISE ON IMPROVING DYNAMIC BALANCE IN POST HEMIPARESIS PATIENTS

Consists of Chapter VI, 57 Pages, 12 Tables, 8 Appendices.

Objective: To determine the subjectivity of the differences in core stability exercise and tandem walking exercise in increasing dynamic balance in post stroke patients. **Methods:** Quasi-experimental research with pre post test design. The total sample in this study were 12 people who were divided into 2 groups and each group consisted of 6 people. Group I with the intervention of core stability exercise and group II tandem walking exercise with the value of dynamic balance improvement measured by Time Up and Go. **Results:** Hypothesis I and II test with paired sample t-test showed $p=0.001$ and $p=0.015$. This means that giving group I or II interventions can significantly improve dynamic balance in post stroke patients. Furthermore, hypothesis III between the two groups with an independent sample t-test obtained a value of $p=0.097$, meaning that there was no significant difference between treatment group I and treatment group II. **Conclusion:** There is an effect of core stability exercise on increasing dynamic balance, there is an effect of tandem walking exercise on increasing dynamic balance and there is no significant difference between core stability exercise and tandem walking exercise on increasing dynamic balance in post stroke patients.

Keywords: *Pasca Stroke, Core Stability Exercise, Tandem Walking Exercise.*