

## ABSTRAK



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### **PERBEDAAN WALKING EXERCISE (RETRO dan FORWARD) DENGAN LOWER LIMB ELASTIC RESISTENCE BAND EXERCISES TERHADAP KEMAMPUAN FUNGSIONAL WANITA USIA 60-65 TAHUN**

Terdiri dari VI Bab, 73 Halaman, 1 Gambar, 11Tabel, 4 Skema, 3 Grafik, 9 Lampiran

**Tujuan :** Untuk mengetahui perbedaan *walking exercise (retro dan forward)* dengan *lower limb elastic resistance band exercises* terhadap kemampuan fungsional wanita usia 60-65 tahun. **Metode :** Penelitian ini merupakan jenis penelitian *experimental* dengan menggunakan *pretest-posttest control group design*, dimana kemampuan fungsional diukur menggunakan *30 second chair stand test*. Sampel terdiri dari 20 wanita usia 60-65 tahun dan di pilih dengan *purposive random sampling*. **Hasil :** uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal dan homogen dengan *levene's test*. Hasil uji hipotesis pada kelompok perlakuan I dengan *Paired Sample t-Test*, didapatkan nilai  $P=0,000$  dengan mean sebelum  $10,90\pm 1,449$ , dan sesudah  $13,00\pm 1,563$  hal tersebut menunjukkan bahwa pemberian intervensi *walking exercise (retro dan forward)* memiliki efek terhadap peningkatan kemampuan fungsional pada wanita usia 60-65 tahun. Kelompok perlakuan II dengan *Paired Sampel t-Test*, didapatkan nilai  $p=0,000$  dengan mean sebelum  $10,00\pm 1,333$  dan sesudah  $14,30\pm 1,947$  hal tersebut menunjukkan bahwa pemberian intervensi *lower limb elastic resistance band exercises* memiliki efek terhadap peningkatan kemampuan fungsional pada wanita usia 60-65 tahun. Hasil *Independent Sample t-Test* menunjukkan nilai  $p = 0,000$  dengan mean selisih 1 yaitu  $2,10\pm 0,994$  dan selisih 2 yaitu  $4,30\pm 1,160$  berarti ada perbedaan efek peningkatan kemampuan fungsional lansia antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan :** Ada perbedaan efek antara *walking exercise (retro dan forward)* dengan *lower limb elastic resistance band exercises* dalam meningkatkan kemampuan fungsional wanita usia 60-65 tahun.

**Kata Kunci:** Kemampuan Fungsional Wanita Usia 60-65 tahun, *walking exercise (retro dan forward)*, *lower limb elastic resistance band exercises*, *30 second chair stand test*

## ABSTRACT



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### **THE DIFFERENCE OF WALKING EXERCISE (RETRO and FORWARD) WITH LOWER LIMB ELASTIC RESISTENCE BAND EXERCISES ON FUNCTIONAL ABILITY OF WOMEN AGE 60-65 YEARS OLD**

Consists of Chapter VI, 73 pages, 1 pictures, 11 tables, 4 schemes, 3 graphics, 9 appendices

**Objective:** To determine the differences in walking exercise (retro and forward) with lower limb elastic resistance band exercises on the functional abilities of women aged 60-65 years. **Method:** This research is an experimental research using pretest-posttest control group design, where functional ability is measured using 30 second chair stand test. The sample consisted of 20 women aged 60-65 years and were selected by purposive random sampling. **Results:** normality test with Shapiro Wilk test, obtained normal distribution and homogeneous data with Levene's test. The results of hypothesis testing in the treatment group I with Paired Sample t-Test, obtained a value of  $P = 0.000$  with a mean before  $10.90 \pm 1.449$ , and after  $13.00 \pm 1.563$  it shows that the walking exercise intervention (retro and forward) has an effect. to increase functional ability in women aged 60-65 years. Treatment group II with Paired Sample t-Test, obtained p value = 0.000 with a mean before  $10.00 \pm 1.333$  and after  $14.30 \pm 1.947$ , this shows that the intervention of lower limb elastic resistance band exercises has an effect on increasing functional ability in women. ages 60-65 years. The results of the Independent Sample t-Test showed the value of  $p = 0.000$  with a mean difference of 1, namely  $2.10 \pm 0.994$  and a difference of 2, namely  $4.30 \pm 1.160$ , which means that there is a difference in the effect of increasing the functional ability of the elderly between treatment group I and treatment group II. **Conclusion:** There is a difference in the effect of walking exercise (retro and forward) with lower limb elastic resistance band exercises on improving the functional ability of women aged 60-65 years. **Keywords:** Female Functional Ability 60-65 years old, walking exercise (retro and forward), lower limb elastic resistance band exercises, 30 second chair stand