

ABSTRAK



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

Terdiri dari VI Bab, 114 Halaman, 6 Gambar, 10 Tabel, 4 Skema, 3 Grafik, 10 Lampiran.

Tujuan : Mengetahui perbedaan *walking exercise* dengan *resistance band exercises* terhadap keseimbangan wanita usia 60-65 tahun. **Metode :** Penelitian berjenis *experimental pretest-posttest control group design*, keseimbangan diukur menggunakan *brief balance evaluation system test*. Sampel terdiri dari 20 wanita usia 60-65 tahun dan dibagi kedalam 2 kelompok perlakuan. **Hasil :** uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal dan uji homogenitas dengan *levens test* didapatkan data homogenitas. Hasil uji hipotesis kelompok perlakuan I dengan *Paired Sample t-Test*, didapatkan $P=0,001$ dengan mean sebelum $13,90\pm 1,370$, dan sesudah $17,60\pm 2,366$ menunjukkan intervensi *walking exercise* memiliki efek terhadap peningkatan keseimbangan pada wanita usia 60-65 tahun. Kelompok perlakuan II dengan *Paired Sampel t-Test*, nilai $p=0,001$ dengan mean sebelum $14,20\pm 1,549$ dan sesudah $18,90\pm 2,424$ menunjukkan intervensi *resistance band exercises* memiliki efek terhadap peningkatan keseimbangan pada wanita usia 60-65 tahun. Hasil *Independent Sample t-Test* nilai $p= 0,180$ berarti tidak ada perbedaan efek peningkatan keseimbangan lansia antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan :** Tidak ada perbedaan efek antara *walking exercise (retro dan forward)* dengan *lower limb elastic resistance band exercises* dalam meningkatkan keseimbangan wanita 60-65 tahun.

Kata Kunci: Keseimbangan, *walking exercise*, *resistance band exercises*, *brief balance evaluation system test*, wanita lanjut usia.

ABSTRACT



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THE DIFFERENCE OF WALKING EXERCISE (RETRO AND FORWARD) WITH LOWER LIMB ELASTIC RESISTENCE BAND EXERCISES ON BALANCE OF WOMEN AGE 60-65 YEARS OLD

Consists of Chapter VI, 114 pages, 6 pictures, 10 tables, 4 schemes, 3 graphics, 10 appendices

Objective: To find the differences between walking exercise and resistance band exercises on the balance of women aged 60-65 years. **Methods:** research was experimental pretest-posttest control group design, balance was measured using a brief balance evaluation system test. The sample consisted of 20 women aged 60-65 years and was divided into 2 treatment groups. Results: normality test with Shapiro Wilk test obtained normal distribution data and homogeneity test with Levene's test obtained homogeneity data. Hypothesis test results for treatment group I with Paired Sample t-Test, obtained $P = 0.000$ with a mean before 13.90 ± 1.370 , and after 17.60 ± 2.366 shows that walking exercise intervention affected improving balance in women aged 60-65 years. Treatment group II with Paired Sample t-test, p-value = 0.000 with mean before 14.20 ± 1.549 , and after 18.90 ± 2.424 showed resistance band exercises intervention affected improving balance in women aged 60-65 years. The results of the Independent Sample t-Test p-value = 0.180 means that there is no difference in the effect of increasing the balance of the elderly between treatment group I and treatment group II. **Conclusion:** There was no difference in the effect of walking exercise (retro and forward) with lower limb elastic resistance band exercises in improving the balance of women 60-65 years.

Keywords: Balance, walking exercise, resistance band exercises, brief balance evaluation system test, elderly women.