Lampiran 1. Surat Pernyataan Persetujuan / *Informed Consent*

SURAT PERNYATAAN PERSETUJUAN (PSP) UNTUK IKUT SERTA

DALAM PENELITIAN (*INFORMED CONSENT*)

Yang bertanda tangan di bawah ini

Hari/tanggal	:
Nama	:
Umur	:
Alamat	:
Hubungan dengan klien	:
Nama klien	:
No. Register	:
Umur	:
Alamat	:

Setelah mendengarkan penjelasan dari peneliti dan membaca lembar informasi tentang cara, tujuan, manfaat dan resiko yang mungkin timbul dalam penelitian, serta sewaktu waktu dapat mengundurkan diri dari keikutsertaan dengan ini menyatakan :

1. Memahami sepenuhnya maksud dan tujuan penelitian, cara pelaksanaan dan konsekuensinya.
2. Bersedia untuk mengikutsertakan keluarga saya dalam penelitian ini dan mengikuti prosedur pelaksanaan penelitian.
3. Bersedia menandatangani lembar persetujuan yang ada.
4. Tidak akan menuntut pihak terkait apabila timbul resiko yang mungkin terjadi dalam pelaksanaan penelitian.

Serang, ………………………….

Peneliti   Yang membuat pernyataan

(…………………………………….)   (…………………………………….)

Lampiran 2. *Oswestry Disability Index* (ODI)

oswestry low back pain questionnaire

name .... address .... date ....
date of birth .... age........ ....
occupation ....
how long have you had back pain? .... years .... months .... weeks
how long have you had leg pain? .... years .... months .... weeks

please read:

this questionnaire has been designed to give the doctor information as to how your back pain has affected your ability to manage in everyday life – please answer every section, & mark in each one

only the *one box* which applies to you. we realise you may consider that 2 statements in any 1 section relate to you, but please *just mark the box which most closely describes your problem*

section 1 - pain intensity
- ❏ I can tolerate the pain I have without having to use pain killers
- ❏ the pain is bad but I manage without taking pain killers
- ❏ pain killers give complete relief from pain
- ❏ pain killers give moderate relief from pain
- ❏ pain killers give very little relief from pain
- ❏ pain killers have no effect on the pain and I do not use them

section 2 - personal care (washing, dressing, etc)
- ❏ I can look after myself normally without causing extra pain
- ❏ I can look after myself normally but it causes extra pain
- ❏ it is painful to look after myself and I am slow and careful
- ❏ I need some help but manage most of my personal care
- ❏ I need help every day in most aspects of self care
- ❏ I do not get dressed, wash with difficulty and stay in bed

section 3 - lifting
- ❏ I can lift heavy weights without extra pain
- ❏ I can lift heavy weights but it gives extra pain
- ❏ pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned, eg on a table
- ❏ pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned
- ❏ I can lift only very light weights
- ❏ I cannot lift or carry anything at all

section 4 - walking
- ❏ pain does not prevent me walking any distance
- ❏ pain prevents me walking more than 1 mile
- ❏ pain prevents me walking more than 1/2 mile
- ❏ pain prevents me walking more than 1/4 mile
- ❏ I can only walk using a stick or crutches
- ❏ I am in bed most of the time and have to crawl to the toilet

section 5 - sitting
- ❏ I can sit in any chair as long as i like
- ❏ I can only sit in my favourite chair as long as i like
- ❏ pain prevents me from sitting more than 1 hour
- ❏ pain prevents me from sitting more than 1/2 hour
- ❏ pain prevents me from sitting more than 10 minutes
- ❏ pain prevents me from sitting at all

comments

section 6 - standing
- ❏ I can stand as long as I want without extra pain
- ❏ I can stand as long as I want but it gives me extra pain
- ❏ pain prevents me from standing for more than 1 hour
- ❏ pain prevents me from standing for more than 1/2 hour
- ❏ pain prevents me from standing for more than 10 minutes
- ❏ pain prevents me from standing at all

section 7 - sleeping
- ❏ pain does not prevent me from sleeping well
- ❏ I can sleep well only by using tablets
- ❏ even when I take tablets I have less than six hours sleep
- ❏ even when I take tablets I have less than four hours sleep
- ❏ even when I take tablets I have less than two hours sleep
- ❏ pain prevents me from sleeping at all

section 8 - sex life
- ❏ my sex life is normal and causes no extra pain
- ❏ my sex life is normal but causes some extra pain
- ❏ my sex life is nearly normal but is very painful
- ❏ my sex life is severely restricted by pain
- ❏ my sex life is nearly absent because of pain
- ❏ pain prevents any sex life at all

section 9 - social life
- ❏ my social life is normal and gives me no extra pain
- ❏ my social life is normal but increases the degree of pain
- ❏ pain has no significant effect on my social life apart from limiting my more energetic interests, eg dancing etc
- ❏ pain has restricted social life and I do not go out as often
- ❏ pain has restricted my social life to my home
- ❏ I have no social life because of pain

section 10 - travelling
- ❏ I can travel anywhere without extra pain
- ❏ I can travel anywhere but it gives me extra pain
- ❏ pain is bad but I manage journeys over two hours
- ❏ pain restricts me to journeys of less than one hour
- ❏ pain restricts me to short necessary journeys of less than 1/2 hour
- ❏ pain prevents me from travelling except to the doctor or hospital

from: Fairbank J C T, Couper J, Davies J B & O'Brien J P
Physiotherapy 1980; 66: 271-73

Lampiran 3. Riwayat Hidup

DAFTAR RIWAYAT HIDUP

DATA PRIBADI

Nama	: Syafiqoh Siti Fatimah
Tempat/ Tanggal Lahir	: Bandung, 03 September 1997
Agama	: Islam
Jenis Kelamin	: Perempuan
Alamat	: Taman Cimuncang Indah Blok F9 No. 5 Serang
Email	: syafiqohsf0397@gmail.com
No.Telp	:087773333997

Riwayat Pendidikan

Tahun 2003-2009   : SDN Cimuncang Cilik Serang

Tahun 2009-2012   : MTsN 1 Kota Serang

Tahun 2012-2015   : MAN 2 Kota Serang

Tahun 2015-2018   : Fisioterapi Program Vokasi, Universitas Indonesia

Tahun 2018-2020   : Fakultas Fisioterapi,Program Fisioterapi Studi S1

Fisioterapi, Universitas Esa Unggul.

Lampiran 4. Hasil Pengolahan Data dengan Menggunakan SPSS

1. Data Deskriptif dan Uji Normalitas

Descriptive Statistics

	N	Range	Minimum	Maximum	Mean		Std. Deviation	Variance
	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Statistic
PreODIKel_1	7	28	12	40	29.57	3.677	9.727	94.619
PostODIKel_1	7	26	8	34	23.57	3.504	9.271	85.952
PreODIKel_2	6	26	14	40	29.17	4.191	10.265	105.367
PostODIKe_2	6	27	9	36	23.50	4.295	10.521	110.700
selisih	7	4	4	8	6.00	.577	1.528	2.333
selisih2	6	5	4	9	5.67	.715	1.751	3.067
Valid N (listwise)	6							

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PreODIKel_1	.170	7	.200[*]	.929	7	.538
PostODIKel_1	.216	7	.200[*]	.926	7	.518

[*]. This is a lower bound of the true significance.
a. Lilliefors Significance Correction

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PreODIKel_2	.215	6	.200[*]	.920	6	.507
PostODIKe_2	.199	6	.200[*]	.950	6	.737

[*]. This is a lower bound of the true significance.
a. Lilliefors Significance Correction

2. Uji Homogenitas

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
PreODIKel_1	Based on Mean	.035	1	11	.854
	Based on Median	.067	1	11	.801
	Based on Median and with adjusted df	.067	1	10.959	.801
	Based on trimmed mean	.042	1	11	.841

3. Uji Hipotesis I dan II

Paired Samples Test

		Paired Differences							
					95% Confidence Interval of the Difference				Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	
Pair 1	PreODIKel_1 - PostODIKel_1	6.000	1.528	.577	4.587	7.413	10.392	6	.000
Pair 2	PreODIKel_2 - PostODIKe_2	5.667	1.751	.715	3.829	7.504	7.926	5	.001

4. Uji Hipotesis III

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
							Mean Differenc e	Std. Error Differenc e	95% Confidence Interval of the Difference	
		F	Sig.	T	df	Sig. (2-tailed)			Lower	Upper
selisi h	Equal variances assumed	.020	.890	.367	11	.721	.333	.909	-1.666	2.333
	Equal variances not assumed			.363	10.07 7	.724	.333	.919	-1.712	2.379

Lampiran 5. Dokumentasi