

ABSTRAK



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PENAMBAHAN EFEK CORE STABILITY EXERCISE PADA VESTIBULAR STIMULATION EXERCISE UNTUK MENINGKATKAN KESEIMBANGAN BERDIRI PADA ANAK DENGAN DOWN SYNDROME

Terdiri dari VI Bab, 91 Halaman, 7 Tabel, 8 Gambar, 4 Skema, 1 Grafik, 9 Lampiran

Tujuan: untuk mengetahui perbedaan *vestibular stimulation exercise* dan penambahan *core stability exercise* pada *vestibular stimulation exercise* terhadap peningkatan keseimbangan pada anak dengan *down syndrome*. **Metode:** penelitian ini bersifat *quasi experimental* dengan *pre test-post test experimental group*, dimana peningkatan keseimbangan berdiri diukur menggunakan Bruininks oseretsky test of motor proficiency (BOT2) Sampel terdiri dari 12 orang di Unit Pelayanan Disabilitas yang dikelompokkan menjadi 2 kelompok. Kelompok I terdiri dari 6 orang dengan intervensi *vestibular stimulation exercise* dan kelompok II terdiri dari 6 orang sampel dengan intervensi penambahan *core stability exercise* terhadap *vestibular stimulation exercise*. **Hasil:** uji normalitas dengan *Shapiro Wilk test* sedangkan uji homogenitas dengan *Levene's test*. Uji hipotesis pada kelompok perlakuan I dengan *paired sample t-test*,. Pada kelompok perlakuan II dengan *paired sample t-test*, **Kesimpulan:** Ada perbedaan yang signifikan antara intervensi *vestibular stimulation exercise* dan penambahan *core stability exercise* terhadap *vestibular stimulation exercise* terhadap peningkatan keseimbangan berdiri anak dengan *down syndrome*.

Kata Kunci: *Vestibular Stimulation Exercise, Core Stability Exercise, Keseimbangan Berdiri, Down Syndrome*

ABSTRACT



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ADDITIONAL CORE STABILITY EXERCISE EFFECTS TO VESTIBULAR STIMULATION EXERCISE TO IMPROVE BALANCE STANDING IN CHILDREN WITH DOWN SYNDROME

Consists of VI Chapters, 91 Pages, 7 Tables, 8 Pictures, 4 Schemes, 1 Graph, 9 Attachments

Objective: to determine the differences in vestibular stimulation exercise and the addition of core stability exercise to vestibular stimulation exercise to improve balance in children with Down syndrome. **Methods:** This study is a quasi experimental study with a pre-post test experimental group, where the increase in standing balance is measured using the Bruininks oseretsky test of motor proficiency (BOT2). The sample consists of 12 people in the Disability Service Unit who are grouped into 2 groups. Group I consisted of 6 people with vestibular stimulation exercise intervention and group II consisted of 6 samples with the intervention of adding core stability exercise to vestibular stimulation exercise. **Results:** the normality test with the Shapiro Wilk test, while the homogeneity test with Levene's test. Hypothesis test results in treatment group I with paired sample t-test. In the second treatment group with paired sample t-test, **Conclusion:** There is a significant difference between the intervention of vestibular stimulation exercise and the addition of core stability exercise to vestibular stimulation exercise to improve standing balance in children with Down syndrome.

Keywords: Vestibular Stimulation Exercise, Core Stability Exercise, Standing Balance, Down Syndrome.