

ABSTRAK



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PERBEDAAN LATIHAN FISIK DAN LATIHAN *STRENGTHENING* UNTUK MENINGKATKAN KESEIMBANGAN POSTURAL PADA LANSIA DIABETES MELITUS

Terdiri VI Bab, 51 Halaman, 8 Tabel, 5 Gambar, 4 Skema, 2 Grafik, 6 Lampiran

Tujuan: Mengetahui Perbedaan efek latihan Fisik dengan latihan *Strengthening* untuk meningkatkan keseimbangan postural pada lansia diabetes melitus. **Metode:** Metode penelitian ini bersifat *crosssectional* dengan *pre test-post test group design*. Pengukuran untuk melihat peningkatan keseimbangan postural diukur menggunakan *Berg Balance Scale*. Sampel terdiri dari 20 orang dari Rumah Sakit Umum Daerah Johar Baru. Kelompok I dengan 10 sampel intervensi latihan fisik, kelompok II dengan 10 sampel intervensi latihan *strengthening*. **Hasil:** Hasil pengukuran kelompok I sebelum intervensi dengan *mean* dan SD $32,40 \pm 1,83$, dan setelah intervensi $39,30 \pm 3,77$. Pada kelompok II pengukuran sebelum intervensi dengan *mean* dan SD $35,00 \pm 2,90$, dan setelah intervensi $41,10 \pm 4,40$. Uji normalitas *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas *Lavene's test* didapatkan data bervarian homogen. Uji Hipotesis I *Paired sample t-test*, didapatkan nilai $p < 0,001$. pada uji Hipotesis II *Paired sample t-test*, didapatkan $p < 0,001$. Dan pada uji Hipotesis III *Independent sample t-test*, didapatkan $p < 0,001$. **Kesimpulan:** Intervensi latihan fisik dan latihan *strengthening* tidak terdapat perbedaan dalam meningkatkan keseimbangan postural pada lansia diabetes melitus

Kata Kunci: *Latihan fisik, Latihan strengthening, Keseimbangan Postural, Lansia, Diabetes Melitus*

ABSTRACT



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DIFFERENCES IN PHYSICAL TRAINING AND STRENGTHENING TRAINING TO IMPROVE POSTURAL BALANCE IN ELDERLY DIABETES MELITUS

Consists of VI Chapter, 51 Pages, 8 Tables, 5 Pictures, 4 Schemes, 2 Graphs, 6 Appendix

Objective: To find out the difference between the effects of physical exercise and Strengthening exercises to improve postural balance in the elderly with diabetes mellitus.

Method: This research method is quasi experimental with pre-post-test group design.

Measurements to see the increase in postural balance in the elderly with diabetes mellitus are measured using the Berg Balance Scale. The sample consisted of 20 people from the Johar Baru District General Hospital. Group I with 10 samples were given physical exercise intervention, group II with 10 samples was given strengthening exercise intervention.

Results: Group I measurement results before intervention with mean and SD 32.40 ± 1.83 , and after intervention 39.30 ± 3.77 . In group II measurements before intervention with mean and SD 35.00 ± 2.90 , and after intervention 41.10 ± 4.40 . The Shapiro Wilk normality test obtained normal distribution of data while the Lavene's homogeneity test obtained homogeneous variant data. Hypothesis Test I Paired sample t-test, obtained p value <0.001 . in Hypothesis II Paired sample t-test, p <0.001 was obtained. And in the Hypothesis III Independent sample t-test, p > 0.001 was obtained.

Conclusion: There is no difference in physical exercise interventions and strengthening exercises in improving postural balance in elderly with diabetes mellitus

Keywords: Physical Exercise, Strengthening Exercises, Postural Balance, Elderly, Diabetes Mellitus