

## ABSTRAK



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### **PENAMBAHAN *OVERHEAD CHOP EXERCISE* PADA *DOUBLE LEG BALANCE EXERCISE* UNTUK MENINGKATKAN *POSTURAL CONTROL* PADA ANAK *AUTISM SPECTRUM DISORDER***

Terdiri dari VI Bab, 57 Halaman, 4 Tabel, 9 Gambar, 4 Skema, 7 Lampiran

**Tujuan:** Untuk mengetahui pengaruh penambahan *overhead chop exercise* pada *double leg balance exercise* untuk meningkatkan *postural control* pada anak *autism spectrum disorder*.

**Metode:** Penelitian ini merupakan penelitian deskriptif kualitatif dengan pendekatan studi kasus jenis penelitian *action research*. Sampel dalam penelitian ini berjumlah dua orang dan dibagi menjadi dua perlakuan. Sampel merupakan anak yang terapi di klinik YCHI Autism Center, Tangerang Selatan. **Hasil:** Pertama, *double leg balance exercise* dapat meningkatkan *postural control*, sampel diarahkan agar mendapatkan stimulasi *proprioceptive* yang kemudian di bawa ke otak agar bisa mempertahankan posisi dalam gerak dan tidak terjatuh sehingga mempertahankan posisi tubuh. Kedua, *double leg balance exercise* dan *overhead chop exercise* dapat meningkatkan *postural control*, latihan *overhead chop exercise* memberikan instruksi untuk melakukan gerakan *lift and chop*. Gerakan tersebut membentuk *diagonal pattern movement* juga dapat membantu untuk merotasikan *trunk* secara diagonal, meregangkan *thorax* dan *pelvic*.

**Kesimpulan:** Penambahan *overhead chop exercise* pada *double leg balance exercise* memiliki efek yang lebih baik dalam meningkatkan *postural control* anak ASD.

**Kata Kunci:** *Overhead chop exercise, double leg balance exercise, postural control, autism spectrum disorder*

## ABSTRACT



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### **ADDITION OVERHEAD CHOP EXERCISE IN DOUBLE LEG BALANCE EXERCISE TO IMPROVE POSTURAL CONTROL IN CHILDREN WITH AUTISM SPECTRUM DISORDER**

Consists of VI Chapters, 57 Pages, 4 Tables, 9 Figures, 4 Schematics, 7 Attachment

**Objective:** To determine the effect of adding overhead chop exercise on double leg balance exercise to improve postural control in children with autism spectrum disorders. **Methods:** This research is a qualitative descriptive study with a case study approach of action research type. The sample in this study amounted two people and was divided into two interventions. The sample are children who is being treated at the YCHI Autism Center, South Tangerang. **Results:** First, double leg balance exercise can improve postural control, the sample is directed to get proprioceptive stimulation which is stimulated to the brain in order to maintain a position in motion and not fall so as to maintain body position. Second, double leg balance exercise and overhead chop exercise can improve postural control, overhead chop exercise provides instructions to perform lift and chop movements. This movement forms a diagonal pattern movement which can also help to rotate the trunk diagonally, stretching the thorax and pelvis. **Conclusion:** Addition of overhead chop exercise to double leg balance exercise has a better effect in improving postural control in ASD children.

**Keywords:** Overhead chop exercise, double leg balance exercise, postural control, autism spectrum disorder