

ABSTRAK



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PENAMBAHAN *TOWEL CURL EXERCISE* PADA *HEEL RAISES EXERCISE* TERHADAP PENINGKATAN KESEIMBANGAN ANAK *FLAT FOOT*

Terdiri dari VI Bab, 84 halaman, 14 Tabel, 15 Gambar, 5 Skema, 6 Lampiran

Tujuan: Untuk mengetahui perbedaan penambahan *towel curl exercise* pada *heel raises exercise* terhadap peningkatan keseimbangan anak *flat foot* usia 7-10 tahun. Metode: Metode yang digunakan dalam penelitian ini bersifat eksperimental dengan membagi sampel menjadi 2 kelompok yang masing-masing terdiri atas 10 orang. Kelompok 1 diberi perlakuan dengan *heel raises exercise* sedangkan kelompok 2 diberi perlakuan dengan penambahan *towel curl exercise* pada *heel raises exercise*. Nilai keseimbangan diukur dengan *one leg standing test* saat sebelum dan sesudah perlakuan.

Hasil: Uji normalitas dengan *saphiro wilk test* menunjukkan kelompok data normal. Sedangkan uji ini berhasil menunjukkan bahwa *heel raises exercise* dan penambahan *towel curl exercise* pada *heel raises exercise* menunjukkan adanya peningkatan secara bermakna terhadap nilai *one leg standing test* anak *flat foot* antara sebelum dan sesudah perlakuan ($p < 0,000$). Namun uji beda antara *heel raises exercise* dan penambahan *towel curl exercise* pada *heel raises exercise* terhadap peningkatan nilai *one leg standing test* tidak menunjukkan perbedaan yang bermakna ($p = 0,508$). Kesimpulan: tidak ada perbedaan yang bermakna antara *heel raises exercise* dengan penambahan *towel curl exercise* pada *heel raises exercise* terhadap peningkatan nilai *one leg standing test* namun masing-masing latihan memiliki peran yang signifikan terhadap peningkatan keseimbangan anak *flat foot* usia 7-10 tahun.

Kata kunci: *Flat foot*, *heel raises exercise*, *towel curl exercise*, keseimbangan.

ABSTRACT



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THE ADDITION OF TOWEL CURL EXERCISE ON THE HEEL RAISES EXERCISE TO IMPROVING THE BALANCE OF A FLAT FOOT CHILDREN

Consisting of chapter VI, 84 pages, 14 tables, 15 images, 5 graphs, 6 attachment

Purpose: To determine the differences in the addition of heel raises exercise with towel curl exercise to improving the balance of flat foot children aged 7-10 years.

Method: The method that used in this research is experimental by dividing the sample into two groups, which each group is consisting of 10 persons. The first group is treated with heel raises exercise and the second group is treated with heel raises exercise and towel curl exercise. In each group is taken the static balance test value before and after treatment. The static balance test value in each group is measured using one leg standing test (flamingo test) before and after treatment.

Result: The normality test using Saphiro wilk test shows the both of group are normal. While homogeneity test using Lavene's test, successfully demonstrated that heel raises exercise or heel raises exercise with towel curl exercise showed that there is a significant increase against the one leg standing test value in the children with flat foot between before and after treatment ($p < 0,001$). But the different test between heel raises exercise and heel raises exercise with towel curl exercise against the change of one leg standing test value did not show any significant difference ($p = 0,508$).

Conclusion: There is no significant difference between heel raises exercise and heel raises exercise with towel curl exercise against enhancement of one leg standing test value however each exercise have a significant role against enhancement of static balance, especially for children with flat foot.

Keywords: Flat foot, heel raises exercise, towel curl exercise, balance.