

## ABSTRAK



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### **PERBEDAAN PENAMBAHAN *PNF EXERCISE* PADA *GONG'S MOBILIZATION* TERHADAP PENURUNAN DISABILITAS BAHU KASUS *FROZEN SHOULDER*.**

Terdiri VI Bab, 56 Halaman, 7 Tabel, 8 Gambar, 8 Lampiran

**Tujuan:** Penelitian ini untuk membuktikan penambahan intervensi *PNF Exercise* pada *Gong's Mobilization* lebih baik dari pada *Gong's Mobilization* saja dalam menurunkan disabilitas bahu pada *frozen shoulder*. **Metode :** Metode penelitian ini bersifat *quasi eksperimental* dengan *pre test-post test group design*. Sampel dipilih berdasarkan teknik *purposive sampling*, dimana disabilitas bahu diukur menggunakan *Shoulder Pain and Disability Index (SPADI)*. Sampel terdiri dari 20 orang yang dikelompokkan menjadi 2 kelompok, kelompok kontrol terdiri dari 10 orang dengan intervensi *gong's mobilization*, kelompok perlakuan terdiri dari 10 orang dengan *PNF exercise* dan *gong's mobilization*. **Hasil:** Uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data bervarian homogen. Hasil uji hipotesis I dan II dengan *paired sample t-test* didapatkan nilai  $p < 0,0001$  dan hipotesis III dengan *independent sample t-test* didapatkan nilai  $p = 0,0001$  pada SPADI yang berarti ada perbedaan antara penambahan *PNF exercise* pada *gong's mobilization* lebih baik dari pada *gong's mobilization* saja dalam menurunkan disabilitas bahu pada *frozen shoulder*. **Kesimpulan:** Penambahan *PNF Exercise* pada *Gong's Mobilization* lebih baik dari pada *Gong's Mobilization* saja dalam menurunkan disabilitas bahu pada *frozen shoulder*.

**Kata Kunci:** *Gong's Mobilization, PNF Exercise, Frozen Shoulder.*

## ABSTRACT



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### **THE DIFFERENCE ADDITION OF PNF EXERCISE ON GONG'S MOBILIZATION TOWARD DECREASED SHOULDER DISABILITY IN FROZEN SHOULDER CASE.**

Consists of VI Chapter, 56 Pages, 7 Tables, 8 Images, 8 Appendix

**Objective :** This research to prove PNF Exercise with Gong's Mobilization is better than Gong's Mobilization only on decrease shoulder disability for frozen shoulder case. **Methods :** This study was quasi experimental study with pre-test and post-test group design. Samples were chosen based on purposive sampling technique, the shoulder disability was measured using shoulder pain and disability index (SPADI). The sample consisted of 20 people were grouped into 2 groups, the control group consisted of 10 people with intervention gong's mobilization, the treatment group consisted of 10 people with PNF exercise and gong's mobilization. **Result :** Normality test with shapiro wilk test was obtained with normal diffusion data while homogeneity test with Levene's test got homogenous data. The result of hypothesis test I and II with paired sample t-test was obtained  $p < 0.0001$  and hypothesis test III with independent sample t-test was obtained  $p = 0,0001$  in SPADI which means there is a difference between adding PNF exercise to gong's mobilization is better than gong's mobilization only in reducing shoulder disability in frozen shoulder. **Conclusion :** The addition of PNF Exercise to Gong's Mobilization is better than Gong's Mobilization only in reducing shoulder disability in frozen shoulder.

**Keyword :** Gong's Mobilization, PNF Exercise, Frozen Shoulder.