

ABSTRAK



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EFEK PENAMBAHAN BREATHING EXERCISE PADA POSTURAL TRAINING TERHADAP PENURUNAN KURVA HIPERKIFOSIS PADA LANSIA

Terdiri dari VI Bab, 62 Halaman, 15 Tabel, 21 Gambar, 1 Grafik, 5 Skema, 4 Lampiran

Tujuan: untuk mengetahui perbedaan efek penambahan *deep breathing exercise* pada *postural training* dan *postural training* saja terhadap penurunan kurva hiperkifosis. **Metode:** penelitian ini bersifat *quasi experiment* dengan design penelitian *pre test* dan *post test group design*, dimana kurva kifosis thoracal diukur dengan *flexible ruler*. Total sampel dalam penelitian ini adalah 22 orang yang dibagi menjadi 2 kelompok. Kelompok 1 terdiri atas 11 orang dengan intervensi yang diberikan ialah *postural training* dan kelompok 2 terdiri dari 11 orang dengan intervensi yang diberikan ialah *postural training* dan *deep breathing exercise*. **Hasil:** Uji Hipotesis I dan II menggunakan *Paired sample t-test* menunjukkan nilai $p=0,000$, dengan nilai rata-rata sebelum dan sesudah pada kelompok 1 sebesar 54.17 ± 2.39 dan 50.90 ± 2.43 , sedangkan pada kelompok 2 ialah 54.61 ± 2.07 dan $50,11 \pm 1,93$. Selanjutnya, Uji hipotesis III menggunakan *Mann whitney u test* dan diperoleh nilai $p=0,000$ dengan nilai selisih kelompok 1 sebesar 3.26 ± 0.57 dan kelompok 2 sebesar 4.50 ± 0.41 . **Kesimpulan:** ada perbedaan efektivitas yang signifikan dengan penambahan *breathing exercise* pada *postural training* dan *postural training* saja terhadap penurunan kurva hiperkifosis.

Kata Kunci: Hiperkifosis, *Postural Training*, *Breathing Exercise*

ABSTRACT



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THE EFFECT OF THE ADDITON OF BREATHING EXERCISE ON POSTURAL TRAINING TO DECREASE HYPERKYPHOSIS CURVE IN THE ELDERLY

Consists of VI Chapters, 62 Pages, 15 Tables, 21 Images, 1 Chart, 5 Schemes, 4 Attachments

Objective: to determine the difference in the effect of adding deep breathing exercise to postural training and postural training only on reducing the hyperkyphosis curve. This study is a quasi experiment with pre test and post test group design, which the kyphosis curve of thoracal is measured by flexible ruler. Sample consist of 22 person which is grouped into a two groups. Group 1 consisted of 11 samples with the intervention provided is postural training and the group 2 consisted of 11 samples with the intervention provided is postural training and deep breathing exercise. **Result:** Hypothesis I and II tests with Paired sample t-test showed the value of $p = 0.000$, with mean before and after in group 1 were 54.17 ± 2.39 and 50.90 ± 2.43 , while in group 2 were 54.61 ± 2.07 and $50,11 \pm 1,93$ Furthermore, the third hypothesis test used the Mann Whitney u test and was obtained the p value = 0.000, with a difference in the value of group 1 was 3.26 ± 0.57 and group 2 was 4.50 ± 0.41 . **Conclusion:** There is a significant differences of effectiveness by adding breathing exercise on postural training and postural training only on the reduction of the hyperkyphosis curve.

Keywords: Hyperkyphosis, Postural Training, Breathing Exercise