

## ABSTRAK



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### **EFEKTIVITAS PENAMBAHAN CERVICAL PROPRIOCEPTIVE TRAINING PADA CERVICAL STABILITY EXERCISE TERHADAP CERVICAL JOINT POSITION SENSE PADA KASUS FORWARD HEAD POSTURE**

**Tujuan:** Penelitian ini dilakukan untuk mengetahui efektivitas penambahan cervical *proprioceptive training* (ProT) pada *cervical stability exercise* (CSE) terhadap *cervical joint position sense* (JPS) pada kasus *forward head posture* (FHP). **Metode:** Metode penelitian bersifat eksperimen kuasi yang bertujuan untuk mengetahui efek penambahan cervical ProT terhadap intervensi CSE. Jumlah sampel sebanyak 12 orang, yang dibagi kedalam dua kelompok, 6 orang pada kelompok kontrol (CSE) dan 6 orang pada kelompok perlakuan (ProT dan CSE). Pengukuran yang dilakukan adalah pengukuran *joint position sense error* (JPSE) dengan menggunakan instrument JPS, dan pengukuran range of motion (ROM) cervical dengan *inclinometer*. **Hasil:** Hasil uji parametrik dengan *paired sample t-test* didapatkan hasil penambahan ProT pada CSE efektif terhadap cervical JPSE dan ROM pada kasus FHP dengan  $p = 0,000$  dimana nilai  $p < 0.05$ . Pada uji parametrik yaitu *independent sample t-test*, didapatkan hasil tidak terdapat perbedaan efek penambahan cervical ProT pada CSE terhadap cervical ROM dan JPSE pada kasus FHP dengan nilai  $p=0,588$  dan pada JPSE  $p=0,304$ . **Kesimpulan:** Penambahan ProT pada CSE efektif terhadap cervical JPSE dan ROM pada kasus FHP. Namun, tidak terdapat perbedaan efek pemberian latihan CSE dan CSE ditambah ProT terhadap cervical JPS dan ROM pada kasus FHP.

**Kata Kunci:** *Forward Head Posture (FHP), Proprioceptive Training (ProT), Cervical Stability Exercise (CSE), Joint Position Sense Error (JPSE), Range Of Motion (ROM)*

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### **EFFECTIVENESS OF ADDITIONAL CERVICAL PROPRIOCEPTIVE TRAINING IN CERVICAL STABILITY EXERCISE ON CERVICAL JOINT POSITION SENSE IN FORWARD HEAD POSTURE CASES.**

**Objective:** This study aims to determine the effectiveness of adding cervical proprioceptive training (ProT) to cervical stability exercise (CSE) on cervical joint position sense (JPS) in cases of forward head posture (FHP). **Methods:** The research method is quasi-experimental which aims to determine the effect of adding cervical ProT on CSE intervention. The total of samples was 12 people, which were divided into two groups, 6 people in the control group (CSE) and 6 people in the treatment group (ProT and CSE). The measurements taken were joint position sense error (JPSE) measurements using the JPS instrument, and cervical range of motion (ROM) measurements with an inclinometer. **Results:** The results of the parametric test with paired sample t-test showed that the addition of ProT to CSE was effective against cervical JPSE and ROM in FHP cases with  $p = 0.000$  where the value of  $p < 0.05$ . In the parametric test, the independent sample t-test, the results showed that there was no difference in the effect of adding cervical ProT in CSE to cervical ROM and JPSE in FHP cases with  $p = 0.588$  and in JPSE  $p = 0.304$ . **Conclusion:** The addition of ProT to CSE is effective for cervical JPSE and ROM in FHP cases. However, there was no difference in the effect of giving CSE and CSE plus ProT exercises on cervical JPS and ROM in FHP cases.

**Kata Kunci:** *Forward Head Posture (FHP), Proprioceptive Training (ProT), Cervical Stability Exercise (CSE), Joint Position Sense Error (JPSE), Range Of Motion (ROM)*