

ABSTRAK



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PERBEDAAN PENURUNAN LINGKAR PERUT ANTARA *CORE STABILITY EXERCISE* DAN *BICYCLE CRUNCH EXERCISE* PADA WANITA USIA 20-30 TAHUN

Terdiri dari VI Bab, 75 Halaman, 11 Tabel, 12 Gambar, 4 Skema, Lampiran

Tujuan: Tujuan penelitian ini adalah untuk mengetahui adanya perbedaan penurunan lingkaran perut pada wanita usia 20 – 30 tahun dengan memberikan *core stability exercise* dan *bicycle crunch exercise*. **Metode :** penelitian ini bersifat *quasi eksperimental*, dengan *pre test-post test design* dimana lingkaran perut diukur menggunakan *metline* dengan satuan centimeter. Sampel terdiri dari 10 orang dan dikelompokkan menjadi 2 kelompok. **Hasil:** uji normalitas didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *lavene's test* didapatkan data memiliki varian homogen. Pada uji hipotesis kelompok perlakuan I dengan *paired sample t-test* didapatkan nilai $p = 0.000$ yang berarti dengan *core stability exercise* dapat menurunkan lingkaran perut. Pada kelompok perlakuan II dengan *paired samples T-test*, didapatkan nilai $p = 0.000$ yang berarti *Bicycle crunch exercise* dapat menurunkan lingkaran perut pada wanita. Pada hipotesis III dengan menggunakan uji *Mann Whitney* didapat nilai $p = 0.020$ yang berarti terdapat perbedaan penurunan lingkaran perut pada kelompok perlakuan I dan kelompok perlakuan II, dengan pemberian latihan *core stability* dan *bicycle crunch*.

Kata Kunci: *Lingkaran Perut, Core Stability Exercise, Bicycle Crunch Exercise*

ABSTRACT



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DIFFERENCES OF STABILITY LOSSION BETWEEN CORE STABILITY EXERCISE AND BICYCLE CRUNCH EXERCISE FOR WOMEN AGES 20-30 YEARS OLD

Consists of VI Chapters, 75 Pages, 11 Tables, 12 Pictures, 4 Schemes, Attachments

Purpose: The purpose of this study was to determine the difference in the reduction of abdominal circumference in women aged 20-30 years by providing core stability exercise and bicycle crunch exercise. Methods: This study was a quasi experimental study, with a pre-test-post-test design in which the circumference of the abdomen was measured using a metline in centimeters. The sample consisted of 10 people and were divided into 2 groups. Results: the normality test showed that the data were normally distributed, while the homogeneity test with Lavene's test showed that the data had a homogeneous variant. In the hypothesis test for treatment group I with paired sample t-test, it was found that the value of $p = 0.000$, which means that the core stability exercise can reduce abdominal circumference. In the second treatment group with paired samples T-test, the value of $p = 0.000$ was obtained, which means that bicycle crunch exercise can reduce abdominal circumference in women. In the third hypothesis using the Mann Whitney test, the p value is obtained = 0.020, which means that there is a difference in the decrease in abdominal circumference in the treatment group I and treatment group II, with the provision of core stability exercises and bicycle crunch.

Keywords: Abdominal Circumference, Core Stability Exercise, Bicycle Crunch Exercise