

ABSTRAK



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HUBUNGAN *FORWARD HEAD POSTURE* TERHADAP KESEIMBANGAN STATIS PADA REMAJA PEMAIN *GAME ONLINE*.

Terdiri dari VI Bab, 51 Halaman, 9 Tabel, 18 Gambar, 3 Skema, 8 Lampiran

Tujuan: Untuk mengetahui hubungan *forward head posture* (FHP) terhadap keseimbangan statis pada remaja pemain *game online*. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan studi korelasi. Total sampel sebanyak 37 orang anggota jemaat *oikumene ministry of God* (OMG) yang diperoleh dengan teknik *purposive sampling*. Data FHP diukur melalui *craniovertebra angle* (CVA) menggunakan aplikasi APECS versi 8.01.14, dan untuk keseimbangan statis menggunakan *single leg stance* (SLS). **Hasil:** Uji normalitas menggunakan *Shapiro Wilk test* didapatkan data berdistribusi normal dan tidak normal. Hasil uji hipotesis menggunakan *Spearman rank*, didapatkan hasil $p < 0,001$ yang artinya nilai p signifikan, dengan $r = 0,785$ untuk keseimbangan statis mata terbuka dan $p < 0,002$ yang artinya nilai p signifikan, dengan $r = 0,492$ untuk keseimbangan statis mata tertutup, dan jika dilihat dari nilai korelasi, maka penelitian ini memiliki arah korelasi positif yang artinya korelasi searah dengan tingkat kekuatan korelasi kuat dan moderat, dimana semakin rendah nilai CVA, maka nilai SLS semakin rendah begitupun sebaliknya. **Kesimpulan:** Terdapat hubungan antara FHP terhadap keseimbangan statis pada remaja pemain *game online*.

Kata Kunci: *Forward head posture*, keseimbangan statis, remaja

ABSTRACT



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CORRELATION BETWEEN FORWARD HEAD POSTURE ON STATIC BALANCE IN ADOLESCENT ONLINE GAME PLAYERS.

Consists of VI Chapters, 51 Pages, 9 Tables, 18 Images, 3 Schematics, 8 Appendix

Objective: To determine the relationship between forward head posture (FHP) and static balance in adolescent online game players. **Methods:** This research is a quantitative descriptive study with a correlation study. The total sample are 37 members of the oikumene ministry of God (OMG) congregation obtained by purposive sampling technique. FHP data was measured through the craniovertebral angle (CVA) using the APECS application version 8.01.14, and for static balance using the single leg stance (SLS). **Result:** The normality test using the Shapiro Wilk test shows that the data are normally and not normally distributed. The results of the hypothesis test using Spearman's rank, obtained the results of $p < 0.001$, which means that the p value is significant, with $r = 0.785$ for static balance with eyes open and $p < 0.002$ which means that the p value is significant, with $r = 0.492$ for static balance with eyes closed, and when viewed from the correlation value, this study has a positive correlation direction, which means that the correlation is in the same direction as the level of strong and moderate correlation, where the lower the CVA value, the lower the SLS value and vice versa. **Conclusion:** There is a relationship between FHP and static balance in adolescent online game players.

Keywords: Forward head posture, static balance, adolescent