



ABSTRAK

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BEDA EFEK PEMBERIAN AUTO STRETCHING DAN TRANSVERSE FRICTION DENGAN PARAFFIN BATH DAN TRANSVERSE FRICTION TERHADAP KEMAMPUAN FUNGSIONAL TANGAN PADA KASUS TRIGGER FINGER

Skripsi ini terdiri dari VI BAB, 110 Halaman, 11 Tabel, 5 Grafik, 8 Gambar 2 skema,

Tujuan Penelitian : Untuk mengetahui beda efek antara pemberian *auto stretching* dan *tranverse friction* dengan *paraffin bath* dan *transverse friction* terhadap kemampuan fungsional tangan pada kasus *trigger finger*. **Sampel** : Terdiri dari 7 orang dengan usia antara 45-65 tahun, pasien Instalasi Fisioterapi Rumah sakit Jakarta Cempaka putih, yang dipilih berdasarkan terknik purposive sampling. Perlakuan I diberikan intervensi *Auto stretching* dan *Transverse Friction* dan kelompok perlakuan II yang diberikan intervensi *Paraffin Bath* dan *Transverse Friction* **Metode** : Penelitian ini merupakan jenis penelitian quasi eksperimental untuk mengetahui beda efek antara pemberian *Auto stretching* dan *transverse friction* dengan *paraffin bath* dan *transverse friction* dalam suatu objek penelitian. Untuk uji normalitas menggunakan analisa statistic *Shapiro-wilk Test*, dan Uji Homogenitas sampel dengan *Levene's Test* **Hasil** : Dengan menggunakan uji *T-test of related* pada dua sampel saling berpasangan pada kelompok perlakuan I didapatkan hasil nilai $P = 0.000$ dimana $P < \alpha$ (0.05) yang berarti ada efek penurunan nilai *dash modified* yang signifikan dengan pemberian intervensi *Auto stretching* dan *Transverse Friction* pada kasus *trigger finger*. Uji *T-test related* pada kelompok perlakuan II didapatkan hasil nilai $P = 0.001$ dimana $P < \alpha$ (0.05) yang berarti ada penurunan nilai *dash modified* yang signifikan dengan pemberian intervensi *Paraffin bath* dan *Transverse Friction*. Hasil Uji *T-test Independent* didapatkan hasil nilai $P = 0.032$ dimana $P < 0.05$ artinya ada beda efek antara pemberian *Auto stretching* dan *transverse friction* dengan *paraffin bath* dan *transverse friction* terhadap kemampuan fungsional tangan pada kasus *trigger finger*. **Kesimpulan** : ada beda efek antara pemberian *Auto stretching* dan *transverse friction* dengan *paraffin bath* dan *transverse friction* terhadap kemampuan fungsional tangan pada kasus *trigger finger*.

Kata kunci = *Trigger finger*, *Transverse friction*, kemampuan fungsional tangan



ABSTRACT

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DIFFERENCE OF GIFT EFFECT AUTO STRETCHING AND TRANSVERSE FRICTION BY PARAFFIN BATH AND TRANSVERSE FRICTION OF TO FUNCIONAL ABILITY OF HAND AT CASE OF TRIGGER FINGER

This skripsi is consisted of the VI chapters, 110 pages, 11 tables, 5 graphs, 8 pictures, 2 schemes.

Trigger finger is name which popular from inertia of tendon or tendon shroud, an condition of pain in bone at hand radius, finger become stiff if banded or strightened. **Research target** : To know the effect difference of auto stretching and transverse friction by paraffin bath and transverse friction to functional ability of hand at case of trigger finger. **Sample** : consist of 7 peoples with the age between 45-65 years, patient of installation of physiotherapy of hospital Jakarta white cempaka, what is selected by pursuant to tehnik purposive sampling, treatment I give by a intervention of auto stretching and transverse friction and group of treatment II give by intervention of paraffin bath and transverse friction. **Method** : this research represent the type of research of kuasi eksperimental to know the effect difference of gift Auto stretching and transverse friction by paraffin bath and transverse friction in a research object, to test the normalitas use the analysis of the statistic Shapiro wilk test, and test the homogenelity sample by levene's test **result of** : by using test of T-test of related at two smle each other at group of treatment I got by result of Value $P= 0,00$ where $p < 0,05$ meaning there is degradation effect assess the dash modified which signifikan whit the intervention gift of auto stretching and transverse friction at case trigger finger, test the T-test of related at group of treatment II got by result of value $p=0,01$ where $p < 0.05$ meaning there is degradation assess the dah modified which signifikan with the gift intervention the paraffin bath and transverse friction, result of test of T-test independent got by result value $P=0,032$ where its $p < 0,05$ meaning there is effect difference of gift auto stretching and transverse friction by paraffin bath and transverse friction to functional ability of hand at case of trigger finger. **conclusion**: there is effect difference of gift auto stretching and transverse friction by paraffin bath and transverse friction to functional ability of hand at case of trigger finger.