

ABSTRAK



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PENAMBAHAN *FRONT PLANK EXERCISE* PADA *BICYCLE CRUNCH EXERCISE* UNTUK MENURUNKAN LINGKAR PERUT PADA WANITA DENGAN OBESITAS SENTRAL

Terdiri dari 6 Bab, 118 Halaman, 15 Tabel, 12 Gambar, 6 Grafik, 6 Lampiran

Tujuan : Untuk mengetahui perbedaan penambahan *front plank exercise* pada *bicycle crunch exercise* untuk menurunkan lingkar perut pada wanita dengan obesitas sentral. **Metode** : Penelitian ini merupakan jenis penelitian *eksperimental* untuk mengetahui efek suatu intervensi yang dilakukan terhadap obyek penelitian. Sampel terdiri dari 18 orang wanita yang mengalami obesitas sentral di lingkungan Rt.12, Rw.07 Kelurahan Duri Kepa Kecamatan Kebun Jeruk Jakarta Barat dan dipilih berdasarkan teknik *purposive* sampling dengan memilih sampel yang memiliki kriteria yang telah ditetapkan. Sampel dikelompokkan menjadi dua kelompok perlakuan, kelompok perlakuan I terdiri dari 9 orang dengan intervensi yang diberikan adalah *bicycle crunch exercise* dan kelompok perlakuan II yang terdiri dari 9 orang dengan intervensi yang diberikan adalah *bicycle crunch exercise* ditambah *front plank exercise*. **Hasil** : Uji analisa data dengan menggunakan uji statistic. Analisis statistic penelitian dengan menggunakan *Paired Sample T-Test* dan *Mann Whitney U-Test* . Hasil uji hipotesis pada kelompok perlakuan I dengan *Paired sample t-test* didapatkan nilai rerata lingkar perut sebelum latihan 97.22 ± 10.171 dan sesudah latihan 88.44 ± 9.235 dengan nilai $p = 0,000$ yang berarti ada penurunan lingkar perut dengan *bicycle crunch exercise* pada wanita dengan obesitas sentral. Pada kelompok perlakuan II dengan *Paired Sample T-Test* didapatkan nilai rerata lingkar perut sebelum latihan 97.33 ± 8.093 dan sesudah latihan 85.56 ± 6.346 dengan nilai $p = 0,000$ yang berarti ada penurunan lingkar perut dengan penambahan *front plank exercise* pada *bicycle crunch exercise* pada wanita dengan obesitas sentral. Pada hasil *Mann Whitney U Test* didapatkan nilai selisih kelompok perlakuan I 8.78 ± 2.728 dan selisih kelompok perlakuan II 11.78 ± 2.587 dengan nilai $p = 0,021$ yang berarti ada perbedaan penambahan *front plank exercise* dalam menurunkan lingkar perut wanita dengan obesitas sentral. **Kesimpulan** : Penambahan *front plank exercise* pada *bicycle crunch exercise* menurunkan lingkar perut pada wanita dengan obesitas sentral.

Kata Kunci : lingkar perut pada wanita dengan obesitas sentral, *bicycle crunch exercise*, *front plank exercise*

ABSTRACT



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THE ADDITION OF FRONT PLANK EXERCISE IN BICYCLE CRUNCH EXERCISE TO REDUCING THE CIRCUMFERENCE OF ABDOMEN IN WOMEN WITH CENTRAL OBESITY

Consists of VI Chapter, 118 pages, 15 tables, 12 pictures, 6 Graphics, 6 Attachment

Purpose : To know difference the addition of front plank exercise in bicycle crunch exercise to reducing the circumference of abdomen in women with central obesity. **Method** : The research is kind of experimental research to know the effects of an intervention was conducted to the object of research. Sample consist of 18 women with central obesity in the environment Rt.12 Rw.07 Duri Kepa Village, Kebun Jeruk Subdistrict, Jakarta Barat and selected based on purposive techniques of sampling by choosing a sample having a specified criterion. Sample grouped into two the treatment group, the treatment group I consists of 9 people with intervention given was bicycle crunch exercise and the treatment group II consists of 9 people with intervention given was bicycle crunch exercise added front plank exercise. **Result** : Analysis data test by the use of statistical test. Statistical analysis research by the use of Paired T-Test and Mann Whitney U-Test. The result a test of the hypothesis in the treatment group I with Paired Sample T-Test obtained the average value of the circumference of abdomen before exercise 97.22 ± 10.171 and after exercise 88.44 ± 9.235 with the $P\text{-value} = 0.000$ that means there is a decrease in circumference of abdomen with bicycle crunch exercise in women with central obesity. The treatment group II with Paired Sample T-Test obtained the average value of the circumference of abdomen before exercise 97.33 ± 8.093 and after exercise 85.56 ± 6.346 with the $P\text{-value} = 0.000$ that means there is a decrease in circumference of abdomen with addition front plank exercise in bicycle crunch exercise in women with central obesity. The result Mann Whitney U-Test obtained by the value of the difference the treatment group I 8.78 ± 2.728 and the value of the difference the treatment group II 11.78 ± 2.587 with $P\text{-value} = 0.021$ that means there is a difference addition of front plank exercise to reduce the circumference of abdomen in women with central obesity. **Conclusion** : The addition front plank exercise of bicycle crunch exercise to reducing the circumference of abdomen in women with central obesity.

Keywords : the circumference of abdomen in women with central obesity, bicycle crunch exercise, front plank exercise