

ABSTRACT



Esa Unggul

Essay

Febrianto Hermawan

S-1 Study program Physiotherapy,

Faculty of Physiotherapy,

Esa Unggul University

SQUAT EXERCISE ADDITION TO INTERVENTION CORE STABILITY EXERCISE BETTER IN IMPROVING STATIC BALANCE IN PATIENTS AFTER STROKE

Consists Chapter VI, 90 pages, 8 tables, 11 pictures, 4 graphs, 3 Attachment

Objective: To determine the addition Squat Exercise interventions Core Stability Exercise is better in improving static balance in patients with post-stroke. **Methods:** The study was conducted at the Regional General Hospital (Hospital) Tangerang City. Sampling is done by using purposive sampling that samples taken from a population that meet the criteria. Sample the study were divided into two groups: a control group and the treatment group. The control group was given Core Stability Exercise and the treatment group was given additional Squat Exercise interventions Core Stability Exercise. **Results:** The test was not performed because the normal distribution measurements were performed using ordinal scale. However, non-parametric statistics as defined in the statistical hypothesis testing. Compatibility test using the Mann-Whitney U Test samples derived from a common condition among the entire sample. Results of the first hypothesis test to Wilcoxon Test p value = 0.039 which means Core Stability Exercise can improve static balance in patients with post stroke, In the second hypothesis test to Wilcoxon Test p value = 0.039 which means the addition of Squat Exercise interventions Core Stability Exercise can improve balance in patients with post-stroke static. On the results of the third hypothesis testing with Mann Whitney U Test p value = 0.054 which means adding the squat exercise on core stability exercise intervention was no better in improving static balance in patients with post-stroke. **Conclusions:** The addition of Squat Exercise interventions Core Stability Exercise is not better in improving static balance in patients with post-stroke.

Keywords: Core Stability Exercise, Squat Exercise, Balance Static, Stroke