



## ABSTRAK

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### **PERBEDAAN PENAMBAHAN *BOSU BALL EXERCISE* PADA LATIHAN *STRENGTHENING ISOMETRIK DAN ISOTONIK* UNTUK MENINGKATKAN STABILISASI PADA KONDISI *SPRAIN ANKLE KRONIK***

Terdiri dari VI Bab, 115 Halaman, 18 Gambar, 4 Skema, 9 Tabel, 7 Grafik, 6 Lampiran

**Tujuan** : Penelitian ini bertujuan untuk mengetahui perbedaan penambahan bosu ball exercise pada latihan strengthening isometrik dan isotonik untuk meningkatkan stabilisasi pada kondisi sprain ankle kronik. **Metode** : Penelitian ini bersifat *Quasi Experiment* dengan *Pretest-Post test Control Group Design* dimana peningkatan stabilitas ankle diukur menggunakan *Single Leg Balance Test*. Teknik pengambilan sampel dengan cara *purposive sampling* terdiri dari 20 sampel usia 17-30 tahun. Penelitian dilakukan di Klinik Fisioterapi Universitas Esa Unggul, Jakarta Barat dan dibagi menjadi kelompok perlakuan I dan kelompok perlakuan II, kelompok perlakuan I terdiri dari 10 orang dengan intervensi yang diberikan adalah latihan *strengthening isometrik dan isotonik ankle* dan kelompok perlakuan II yang terdiri dari 10 orang dengan penambahan *bosu ball exercise* pada latihan *strengthening isometrik dan isotonik ankle*. **Hasil**: Uji normalitas menggunakan *Shapiro Wilk Test* didapatkan nilai  $p > \alpha$  (0,05) data berdistribusi normal. Uji homogenitas menggunakan *Levene's Test* didapatkan nilai  $p > \alpha$  (0,05) data homogen. Uji hipotesis I menggunakan *Paired Sample T Test* didapatkan nilai  $p = 0.001$  sehingga ada peningkatan stabilisasi ankle pada latihan *strengthening isometrik dan isotonik* pada kondisi sprain ankle kronik. Uji hipotesis II menggunakan *Paired Sample T Test* didapatkan nilai  $p = 0.001$  sehingga penambahan *bosu ball exercise* pada latihan *strengthening isometrik dan isotonik* dapat meningkatkan stabilisasi ankle pada kondisi sprain ankle kronik. Uji Hipotesis III menggunakan *Independent Sample T-test* didapatkan nilai  $p = 0.001$  yang berarti ada perbedaan peningkatan yang signifikan antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan**: Ada perbedaan penambahan *bosu ball Exercise* pada latihan *strengthening isometrik dan isotonik* untuk meningkatkan stabilisasi pada kondisi *Sprain Ankle Kronik*.

**Kata Kunci**: *Stabilisasi ankle, Strengthening isometrik dan isotonik, Bosu Ball Exercise*



## ABSTRACT

**SKRIPSI, MAY 2015**

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### **DIFFERENCES IN ADDITION OF BOSU BALL EXERCISE ON ISOMETRIC AND ISOTONIC STRENGTHENING EXERCISE FOR INCREASING STABILIZATION OF CHRONIC SPRAIN ANKLE CONDITION**

Consisting of 6 Chapters, 115 Pages, 18 Pictures, 4 Scheme, 9 Tables, 7 Graphs, 6 Attachment

**Object:** This study aims to determine differences in an addition of Bosu ball exercise on isometric and isotonic strengthening exercises to improve stabilization in condition of chronic sprain ankle. **Method:** This study is a Quasi-Experiment with pretest-post test control group design in which the increase of ankle stability is measured using the Single Leg Balance Test. The sampling technique is a purposive sampling consists of 20 samples of 17-30 years of age. The study was conducted at Physiotherapy Clinic of Universitas Esa Unggul in West Jakarta and divided into treatment group I and the treatment group II, group I consists of 10 people with the interventions provided are exercises of isometric and isotonic ankle strengthening and treatment group II consisted of 10 people with adding Bosu ball exercises on isometric and isotonic ankle strengthening exercises. **Results:** Normality test using Shapiro Wilk Test,  $p \text{ value} > \alpha (0,05)$ , normal distribution of data. Homogeneity test using Levene's Test,  $p \text{ value} > \alpha (0,05)$ , homogeneous data. Hypothesis test I using paired sample T Test,  $p \text{ value} = 0.001$ , so that there is a progressive increase in the stabilization of the isometric and isotonic ankle strengthening exercises in condition of chronic sprain ankle. Hypothesis test II using paired sample T Test,  $p \text{ value} = 0.001$ , so that the addition of exercise on the Bosu ball isometric and isotonic strengthening exercises can improve ankle stabilization in condition of chronic sprain ankle. Hypothesis III using independent sample T Test,  $p \text{ value} = 0.001$ , which means there are significant differences in improvement between treatment group I and treatment group II. **Conclusion:** There are differences in the addition of Bosu ball exercise on isometric and isotonic strengthening exercise to improve stabilization in conditions of chronic sprain ankle.

**Keywords:** Ankle Stabilization, Isometric and Isotonic Strengthening, Bosu Ball Exercise