

## ABSTRACT



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### **THE EFFECTS OF ADDING THREE-DIMENSIONAL EXTENSION MOBILIZATION ON PILATES EXERCISE FOR SCOLIOSIS CURVE OF HEALTH WORKERS IN SILOAM HOSPITAL LIPPO CIKARANG**

Consists of VI Chapters, 125 Pages, 25 Pictures, 4 Schemas, 13 Tabels, 9 Charts, 10 Attachments

**Purpose :** This study aims to determine the effect of adding three-dimensional extension mobilization on pilates exercise for scoliosis curve of health workers in Siloam Hospital Lippo Cikarang. **Samples :** Samples taken consisted of 12 people selected on the basis of existing scoliosis population then the randomized pre-test dan post-test control group design technique, of 12 people that 6 people will be fed into a control group and 6 other people in the treatment group. **Method :** This research is true experimental to determine the effect of an intervention on the research object. Statistical analysis of this study using t-test related and independent t-test. **Result :** Hypothesis I and II using t-test statistical tests related to the results of hypothesis testing I (the control group)  $p=0,001$  ( $p<\alpha=0.05$ ), and test results of hypothesis II (the treatment group)  $p=0,001$  ( $p<\alpha=0.05$ ), which means that the intervention in each group an effect on scoliosis curve. To test the hypothesis III used independent t-test, the results obtained are  $p=0,619$  ( $p<\alpha=0,05$ ) which means there is no significant difference in the results of the provision of the intervention control group and treatment group. **Conclusion :** There is no difference in the effect of adding three-dimensional extension mobilization on pilates exercise for scoliosis curve of health workers in Siloam Hospital Lippo Cikarang.

**Keywords :** The scoliosis curve, pilates exercise, three-dimensional extension mobilization