



## ABSTRAK

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### **PERBEDAAN LATIHAN CRUNCHES DAN LATIHAN CRUNCHES DI ATAS SWISS BALL TERHADAP PENINGKATAN DAYA TAHAN OTOT ABDOMINAL PADA REMAJA PUTRI USIA 17-25 TAHUN**

Terdiri dari VI Bab, 91 Halaman, 18 daftar tabel, 7 daftar gambar, 6 daftar grafik, 14 Lampiran

**Tujuan** : Penelitian ini dilakukan untuk mengetahui perbedaan latihan crunches dan latihan crunches di atas swiss ball terhadap peningkatan daya tahan otot abdominal pada remaja putri usia 17-25 tahun. **Metode**: Penelitian ini bersifat kuasi eksperimental untuk mengetahui efek suatu intervensi yang dilakukan terhadap obyek penelitian. Sampel terdiri dari 20 orang dengan usia antara 17-25 tahun. Penelitian dilakukan di Sanggar Seni Prista, Bandar Lampung. Pada penelitian ini dibagi menjadi dua kelompok yaitu kelompok perlakuan 1 diberikan latihan crunches sedangkan kelompok perlakuan 2 diberikan latihan crunches di atas swiss ball dan diukur menggunakan *NCF Abdominal Curl Conditioning Test*.

**Hasil** : Hasil uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Lavene's test* didapatkan data memiliki varian yang homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *paired samples test* dengan  $p\text{-value} = 0,001$  berarti  $H_0$  ditolak yang berarti latihan crunches dapat meningkatkan daya tahan otot abdominal pada remaja putri. Pada kelompok perlakuan II dengan *paired samples test* kelompok perlakuan 2 dengan  $p\text{-value} = 0,001$  berarti  $H_0$  ditolak yang berarti latihan crunches di atas swiss ball dapat meningkatkan daya tahan otot abdominal pada remaja putri. Pada uji *independent samples test* didapatkan hasil  $p\text{-value} = 0,359$  sehingga  $H_0$  diterima yang berarti tidak ada perbedaan latihan crunches dan latihan crunches di atas swiss ball terhadap peningkatan daya tahan otot abdominal. **Kesimpulan** : Tidak ada perbedaan yang signifikan latihan crunches dan latihan crunches di atas swiss ball terhadap peningkatan daya tahan otot abdominal pada remaja putri usia 17-25 tahun.

**Kata kunci** : Latihan Crunches , Swiss Ball, Daya Tahan , Otot Abdominal .



## ABSTRACT

THESIS, JUNE 2015

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### **THE DIFFERENCE IN CRUNCHES EXERCISE AND CRUNCHES EXERCISE ON TOP OF A SWISS BALL ON ABDOMINAL MUSCLE ENDURANCE INCREASE YOUNG WOMEN AGES 17-25 YEARS OLD.**

Consist of Chapter VI, 91 pages, 18 list of tables, 7 list of images, 6 a list of graphs, 14 attachment.

**Objective:** This Research was conducted to find out the difference crunches exercise and crunches exercise on top of a swiss ball on abdominal muscle endurance increase young women ages 17-25 years old. **Methods:** This quasi experimental nature of research to find out the effect of an intervention that is performed against the object of research. The sample consisted of 20 people with ages between 17-25 years old. The Research was done in Sanggar Seni Prista, Bandar Lampung. This research is divided into two groups, the treatment group 1 was given exercises crunches, while treatment group 2 was given crunches exercises on top of a swiss ball and measured using Abdominal Curl NCF Conditioning Test. **Results:** The results of the test of normality with the Shapiro wilk test normal data obtained while its homogeneity test with Lavene's test obtained data have a homogeneous variant. Hypothesis test results in the treatment group I with paired samples test with p-value = 0.001 mean Ho denied which means exercises crunches can improve the abdominal muscle endurance on young women. Treatment group II with paired samples test treatment group 2 with p-value = 0.001 mean Ho denied means the exercise on top of a swiss ball can increase abdominal muscular endurance in young women. On the test of independent samples test results results are obtained by the p-value = 0.359 so Ho is accepted which means there is no difference in crunches exercise and crunches exercise on top of a swiss ball to increased abdominal muscular endurance. **Conclusion:** no significant difference crunches exercise and crunches exercise on top of a swiss ball on abdominal muscular endurance increase in young women ages 17-25 years old.

**Key Word :** Crunches Exercise , Swiss Ball, Endurance , Abdominal Muscle. .