

ABSTRAK



SKRIPSI, FEBRUARI 2016

Riski Meidio Putra
Program Studi S-1 Fisioterapi
Fakultas Fisioterapi
Universitas Esa Unggul

PERBEDAAN PEMBERIAN STRENGTHENING EXERCISE DENGAN COORDINATION EXERCISE TERHADAP KESEIMBANGAN LANSIA

Terdiri dari VI Bab, 60 Halaman, 9 Gambar, 11 Tabel, 4 Skema, 9 Grafik, 10 Lampiran

Tujuan : Penelitian ini bertujuan untuk mengetahui perbedaan pemberian strengthening exercise dengan coordination exercise terhadap keseimbangan lansia. **Metode:** Penelitian ini bersifat *quasi experiment* dengan *pre test-post test control group design* dimana peningkatan keseimbangan diukur menggunakan *berg balance scale* dan *time up and go test*. Teknik pengambilan sampel dengan menggunakan random sampling terdiri dari 20 sampel usia 60-74 tahun. Penelitian dilakukan di Panti Sosial Tresna Werdha Budi Mulia 2 Cengkareng, 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 exercise* dan kelompok perlakuan II terdiri dari 10 orang dengan intervensi yang diberikan adalah *coordination exercise*. **Hasil:** Uji normalitas menggunakan *Shapiro wilk test* didapatkan nilai $p>\alpha$ (0,05) data berdistribusi normal pada kedua alat ukur. Uji homogenitas menggunakan *Levene's test* didapatkan nilai $p>\alpha$ (0,05) data homogen pada kedua alat ukur. Nilai rata-rata selisih dengan alat ukur *time up and go test* kelompok perlakuan I adalah 4,26 ,sedangkan kelompok perlakuan II nilai rata-rata selisih nilai *time up and go test* adalah 3,87 , kemudian nilai rata-rata selisih kelompok perlakuan I menggunakan *berg balance scale* adalah 7,4 ,sedangkan pada kelompok perlakuan II nilai *berg balance scale* adalah 7,6. Uji hipotesis I menggunakan *Paired Sample T-Test* didapatkan nilai $p= 0,001$ sehingga ada peningkatan keseimbangan lansia pada latihan *strengthening exercise* pada kedua alat ukur. Uji hipotesis II menggunakan *Paired Sample T-Test* didapatkan nilai $p= 0,001$ sehingga ada peningkatan keseimbangan lansia pada latihan *coordination exercise* pada kedua alat ukur. Uji hipotesis III menggunakan *Independent Sample T-Test* didapatkan nilai $p= 0,317$ pada alat ukur *time up and go test* dan $p= 0,628$ pada alat ukur *berg balance scale* yang berarti tidak ada perbedaan peningkatan keseimbangan lansia antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan:** Tidak ada perbedaan pemberian *strengthening exercise* dengan *coordination exercise* terhadap keseimbangan lansia.

Kata Kunci: Keseimbangan lansia, *strengthening exercise*, *coordination exercise*,

ABSTRACT



SKRIPSI, FEBRUARI 2016

Riski Meidio Putra

S-1 Physiotherapy Study Program

Physiotherapy Faculty

Universitas Esa Unggul

DIFFERENCES GIVING STRENGTHENING EXERCISE WITH COORDINATION EXERCISE FOR ELDERLY BALANCE

Consist of VI Chapter, 60 Pages, 9 Pictures, 11 Tables, 4 Scheme, 9 Graph, 10 Attachment

Purpose : This study aims to determine the difference of giving strengthening exercise with coordination exercise for elderly balance. **Method :** This study is quasi experiment with pre test-post test control group design that increase balance be measured by berg balance scale and time up & go test. Technique sampling is using random sampling consist of 20 samples were 60-74 years old. This study is done at home social Tresna Werdha Budi Mulia 2 Cengkareng, Jakarta Barat and be divided into treatment group I and treatment group II, treatment group I consist of 10 people are given strengthening exercise intervention and treatment group II consist of 10 people are given coordination exercise intervention. **Result :** Normality test uses Shapiro Wilk test is obtained p value $>\alpha$ (0,05) data is normally distributed in both of measuring instrument. Homogeneity test uses levene's test is obtained p value $>\alpha$ (0,05) data is homogeneous distributed in both measuring instrument. The difference average value with the measuring instrument time up & go test group I was 4.76, meanwhile the difference average value time up & go test group II was 3.87, and then the difference average value of treatment group I that using berg balance scale was 7.4, meanwhile berg balance scale value of treatment group II was 7.6. hypotheses test I uses Paired Sample T-Test earned p value = 0.001 so that there was an increase in the balance of elderly in Strengthening Exercise on both of measuring instrument. Hypotheses test II uses Paired Sample T-Test earned p value = 0.001 so that there was an increase in the balance of elderly in Coordination Exercise on both of measuring instrument. Hypotheses III uses Independent Sample T-Test earned p value = 0.317 in time up & go test instrument and p value = 0.628 in berg balance scale instrument so that there was no different increase in the elderly balance between the treatment group I and group II treatment. **Conclusion :** There was no difference of giving strengthening exercise with coordination exercise for elderly balance.

Keyword : Elderly Balance, strengthening exercise, coordination exercise.