

ABSTRAK



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PERBEDAAN EFEK PENAMBAHAN *RESISTANCE BAND* PADA *CORE STABILITY EXERCISE* TERHADAP POSTUR KAKI OVERPRONASI

Terdiri dari VI BAB, Halaman 77, Tabel 16, Gambar 18, Grafik 8, Lampiran 4

Tujuan : Untuk mengetahui perbedaan efek penambahan *resistance band* pada *core stability exercise* terhadap postur kaki overpronasi. **Metode** : Penelitian ini merupakan jenis penelitian *quasi eksperimental* untuk mengetahui perbedaan efektivitas dua intervensi yang dilakukan terhadap objek penelitian. Sampel terdiri dari 14 orang wanita dan 6 orang laki-laki yang mengalami gangguan postur kaki di area Kampus Esa Unggul dan warga Kelurahan Duri Kepa Kebon Jeruk Jakarta Barat dan dipilih berdasarkan teknik *purposive* sampling yang memiliki kriteria yang telah ditetapkan. Sampel dikelompokkan menjadi dua kelompok perlakuan, kelompok perlakuan I terdiri dari 10 orang dengan intervensi yang diberikan adalah *core stability* dan kelompok perlakuan II yang terdiri dari 10 orang dengan intervensi *resistance band* dan *core stability exercise*. **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. Hasil uji hipotesis pada kelompok perlakuan I dengan *Paired sample t-test* didapatkan nilai rerata postur kaki sebelum latihan 7.40 ± 0.843 dan sesudah latihan 5.90 ± 0.568 dengan nilai $p = 0,001$ yang berarti ada penurunan nilai postur kaki. Pada kelompok perlakuan II dengan *Wilcoxon tes* didapatkan nilai rerata postur kaki sebelum latihan 8.60 ± 0.843 dan sesudah latihan 5.90 ± 0.876 dengan nilai $p = 0,04$ yang berarti ada penurunan nilai postur kaki pada *resistance band* dan *core stability exercise*. Pada hasil pengukuran didapatkan nilai selisih kelompok perlakuan I 1.50 ± 0.527 dan selisih kelompok perlakuan II 2.70 ± 0.483 dengan nilai $p = 0,01$ yang berarti ada perbedaan penambahan *resistance band* pada *core stability exercise* dalam memperbaiki postur kaki overpronasi. **Kesimpulan** : ada perbedaan efek penambahan *resistance band* pada *core stability exercise* terhadap perubahan postur kaki overpronasi.

Kata Kunci: *resistance band exercise*, *core stability exercise*, postur kaki overpronasi.

ABSTRACT



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DIFFERENCES IN ADDITION EFFECTS RESISTANCE BAND ON CORE STABILITY EXERCISE ON FOOT POSTURE OVERPRONE

Consisting of Chapter VI, Page 77, Table 16, Figure 18, Graphics 8, Attachment 4

Objective: To determine differences in the effects of adding a resistance band on core stability exercise against overprone foot posture. **Methods:** This study is a quasi experimental study to determine differences in the effectiveness of two interventions of the research object. The sample consisted of 14 women and 6 men with impaired posture of the foot in the area of Campus Esa Unggul and Village residents Duri Kepa and selected based on purposive sampling technique that has established criteria. Samples were divided into two treatment groups, the treatment group I consists of 10 people with a given intervention is core stability and II treatment group consisted of 10 people with the intervention of a resistance band and core stability exercise. **Results:** Test for normality using Shapiro Wilk Test $p \text{ value} > \alpha (0.05)$ normal distribution of data. Homogeneity test using Levene's Test $p \text{ value} > \alpha (0.05)$ Data homogeneous. Hypothesis test results in the treatment group I with Paired sample t-test mean value obtained posture feet before $7:40 \pm 0843$ exercise and after exercise 5.90 ± 0.568 with $p = 0.001$, which means there is impairment of the posture of the foot. In the treatment group II with the Wilcoxon test found a mean value of 8.60 postures feet before exercise and after exercise $\pm 5.90 \ 0843 \pm 0876$ with a value of $p = 0.04$, which means there is a decrease in resistance value of the foot posture and core stability exercise band. In the measurement results obtained difference value treatment group I: $1:50 \pm 0527$ I and II treatment group difference of 2.70 ± 0483 with a value of $p = 0.01$ which means that there are differences in the addition of a resistance band on core stability exercises to improve posture overpronasi feet. **Conclusion:** No differences in the effect of adding a resistance band on core stability exercise against overpronasi foot posture changes.

Keywords: resistance band exercise, core stability exercise, posture overprone