

ABSTRACT



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Pratiwi Pebrianty

Physiotherapy Program S1,

Esa Unggul University Faculty of Physiotherapy

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