



ABSTRACT

SKRIPSI, April 2016

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THE DIFFERENCES BETWEEN BALANCE TRAINING WITH BALANCE BEAM AND BALANCE BOARD ON POSTURAL STABILITY IN CHILDREN WITH AUTISM

Consist of VI Bab, 90 Pages, 10 Picture, 8Table, 7 Chart, 5 attachment

Objective: determine differences in balance exercises with balance beam and balance board effect on postural stability of children with autism.

Method: These present study is an experimental study to determine effects of the intervention to the research object. The samples consisted of 16 children with autism case in Klinik Permataku and Sekolah Bhakti luhur, selected based on Pocock formulas, and examined by using two assesment, *clinical test sensory interaction and balance*, and *Bruinskey-oseretssky test of motor proficiency*. The samples can be classified into two groups where the first group consisting of eight children had balance exercises with balance beam and group II consisting 8 children had balance exercises with balance board for 4 weeks with the frequency of 2 times a week and the duration of exercise for 30 minutes. **Result:** The test results by Shapiro Wilk normality test showed that almost all of the data are normally distributed with the average value of measurement results of 0.85 and a standard deviation of 0.207. The homogeneity test showed that all the data are homogeneous. Test the hypothesis in the first group by using a paired sample t-test showed $p = 0.02$ which means that intervention with balance traning using balance beam improved postural stability in autistic children. The hypothesis test in Group II using a paired sample t-test showed $p = 0.03$ which means that intervention balance training using balance board improved postural stability in autistic children. On the results of Mann-Whitney U test as hypothesis testing III produces $p\text{-value} = 0.66$, which means there is no difference between the improvement of balance training with balance beam and the balance board on postural stability Autistic Child. **Conclusion:** there is no difference between balance training with balance beam and the balance board to postural stability of children with autism.

Key Words : postural stability , Autism, balance exercise, balance beam, balance board