



## ABSTRAK

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### “PERBEDAAN PENGARUH LATIHAN CORE STABILITY DAN LATIHAN TRUNK CONTROL TERHADAP PENINGKATAN KESEIMBANGAN DUDUK PADA ANAK CEREBRAL PALSY TIPE SPASTIK DIPLEGIA USIA 2-4 TAHUN”

Terdiri dari VI BAB, 86 halaman, 7 Tabel, 29 Gambar, 1 Diagram, 3 Grafik, 4 Lampiran

**Tujuan** Mengetahui perbedaan pemberian latihan trunk control dan latihan core stability terhadap keseimbangan duduk pada *Cerebral palsy* tipe spastik diplegia usia 2-4 tahun. **Metode** Penelitian ini merupakan penelitian eksperimental dengan *pre test- post test design*. Menggunakan pengukuran GMFM. Analisa statistik menggunakan *Paired sample test* dan *Independent sample T-Test*. **Sampel** 20 orang anak *cerebral palsy* tipe spastik diplegia usia 2-4 tahun di Klinik Pela 9 yang dipilih berdasarkan rumus *popcock*. Waktu penelitian 3x/minggu selama 8 minggu. Grup kontrol/trunk control (n=10), grup perlakuan/core stability (n=10). **Hasil** uji normalitas dengan *Shapiro Wilk Test* data berdistribusi normal sedangkan uji homogenitas dengan *Levent's Tes t* data memiliki varian homogen. hasil uji hipotesa kelompok kontrol dengan *Paired sample T-test*, didapatkan hasil  $p=0,000$  ( $p<0,05$ ),  $mean\pm SD$  (pre44,10 $\pm$ 2,183), (post50,50 $\pm$ 2,877). Uji hipotesa kelompok perlakuan dengan *Paired sample T-test*, didapatkan hasil  $p=0,000$  ( $p<0,05$ ),  $mean\pm SD$  (pre43,40 $\pm$ 5,016), (post49,70 $\pm$ 5,012). Dan hasil *Mann-Whitney u test* sebagai uji hipotesis III menghasilkan nilai  $p=0,935$  ( $p>0,05$ ) **Kesimpulan:** tidak ada perbedaan peningkatan antara intervensi latihan trunk control dengan latihan core stability terhadap keseimbangan duduk pada anak *Cerebral palsy* tipe spastik diplegia usia 2-4 tahun.

**Kata kunci :** Latihan trunk control, Latihan Core Stability, Keseimbangan, *Cerebral Palsy* tipe spastik diplegia



## ABSTRACT

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### **“DIFFERENCE EFFECT OF CORE STABILITY EXERCISE AND TRUNK CONTROL EXERCISE ON THE IMPROVEMENT OF SITTING BALANCE IN CHILDREN CEREBRAL PALSY TYPE SPASTIC DIPLEGIA OF AGE 2-4 YEARS”**

Consisting of Chapter VI, 86 pages, 7 tables, 29 pictures, 1 diagram, 3 graphs, 4 Attachment

**Objective** Determinethe differences in the influence of trunk control exercises with core stability exercises to balance sitting on the type of cerebral palsy spastic diplegia aged 2-4 years. Methods study is an experimental research with pre test-post test design. Using assessment GMFM. Statistical analysis of this study using paired sample test and Independent sample T-test. **Samples** consisted of 20 children, at the Clinic Pela 9 were selected based on the formula popcock. When study 3x/week for 8 weeks. The control group/trunk control (n=10). Treadment group/core stability (n=10). **Results** Shapiro Wilk normality test. Test normal distribution of data obtained while the homogeneity test with Levent's Test data obtained has a homogeneous variant. hypothesis test results with control group with Paired sample t-test,  $p=0,000$  ( $p<0,05$ ),  $mean\pm SD$  (pre $44,10\pm 2,183$ ), (post $50,50\pm 2,877$ ). ). Hypothesis the group treated *Paired sample T-test*  $p=0,000$  ( $p<0,05$ ),  $mean\pm SD$  (pre $43,40\pm 5,016$ ), (post $49,70\pm 5,012$ ). And the results of Mann-Whitney U test as a test of hypothesis testing III produces  $p=0,935$  ( $p>0,05$ ) **Conclusion:** there is no difference in improvement between intervention trunk control exercises with core stability exercises to balance a child sitting on the type of cerebral palsy spastic diplegia aged 2-4 years.

**Keywords:** Trunk control Exercise, Core Stability Exercise, Balance, Cerebral Palsy type of spastic diplegia