



## ABSTRAK

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### **PERBEDAAN EFEK ANTARA *CORE STABILITY EXERCISE* DENGAN *WILLIAM'S FLEXION EXERCISE* TERHADAP DISABILITAS DAN KEKUATAN OTOT PADA *LOW BACK PAIN MIOGENIK***

Terdiri VI Bab, 98 Halaman, 17 Tabel, 19 Gambar, 6 Grafik, 4 skema, 11 Lampiran

**Tujuan :** Untuk mengetahui perbedaan efek antara *Core Stability Exercise* dengan *William's Flexion Exercise* terhadap disabilitas dan kekuatan otot pada *Low Back Pain Miogenik*. **Metode :** Penelitian ini merupakan jenis penelitian *eksperimental* menggunakan *pretest-post test group design*. Penelitian ini dilakukan di RSUD Solok. Sampel terdiri dari 14 orang perempuan dan 6 orang laki-laki, dipilih berdasarkan teknik *purposive sampling*. Sampel dikelompokkan menjadi dua kelompok perlakuan, kelompok perlakuan I terdiri dari 10 orang dengan intervensi yang diberikan adalah *Core Stability Exercise* dan kelompok perlakuan II yang terdiri dari 10 orang dengan intervensi yang diberikan adalah *William's Flexion 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 menggunakan *Paired Sample T-Test* didapatkan nilai  $p = 0,001$  pada *Oswestry Disability Index* dan  $p = 0,001$  pada *Sphygmomanometer* yang berarti ada penurunan disabilitas dan peningkatan kekuatan otot dengan pemberian *Core Stability Exercise*. Pada kelompok perlakuan II menggunakan *Paired Sample T-Test* didapatkan nilai  $p = 0,001$  pada *Oswestry Disability Index* dan  $p = 0,001$  pada *Sphygmomanometer* yang berarti ada penurunan disabilitas dan peningkatan kekuatan otot dengan pemberian *William's Flexion Exercise*. Pada hasil *Independent Sample T-Test* didapatkan nilai  $p = 0,033$  pada *Oswestry Disability Index* dan  $p = 0,001$  pada *Sphygmomanometer* yang berarti ada perbedaan efek antara *Core Stability Exercise* dengan *William's Flexion Exercise* terhadap disabilitas dan kekuatan otot pada *Low Back Pain Miogenik*. **Kesimpulan :** Ada Perbedaan efek antara *Core Stability Exercise* dengan *William's Flexion Exercise* terhadap disabilitas dan kekuatan otot pada *Low Back Pain Miogenik*.

**Kata Kunci :** *Core Stability Exercise*, *William's Flexion Exercise*, Disabilitas, Kekuatan otot.



## ABSTRACT

UNDERGRADUATE THESIS, JUNI 2016

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### **DIFFERENCES EFFECT BETWEEN OF CORE STABILITY EXERCISE WITH WILLIAM'S FLEXION EXERCISE FOR DISABILITY AND MUSCLE STRENGTH IN LOW BACK PAIN MIOGENIK**

Consist VI Chapter, 98 pages, 17 Tables, 19 Pictures, 6 Graphics, 4 Scheme, 11 Attachment

**Object** : To determine the difference effect of Core Stability Exercise with William's Flexion Exercise for Disability and muscle strength in Low Back Pain Miogenic. **Methods** : This study is an experimental study using pretest-posttest group design. This research was conducted in Solok hospitals. The sample consisted of 14 women and 6 men, were selected based on purposive sampling technique. Samples divided into two treatment groups, the first treatment group consists of 10 people with Core Stability Exercise and the second treatment group consisted of 10 people with a given intervention is William's Flexion Exercise. **Results** : Normality test 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 using Paired Sample t-Test  $p \text{ value} = 0.001$  at Oswestry Disability Index and  $p = 0.001$  at sphygmomanometer which means there is a decrease disability and increase muscle strength by giving Core Stability Exercise. In the treatment group II using Paired Sample t-test  $p \text{ value} = 0.001$  at Oswestry Disability Index and  $p \text{ value} = 0.001$  at sphygmomanometer which means there is a decrease disability and increase muscle strength by giving William's Flexion Exercise. On the results of the Independent Sample T-Test  $p \text{ value} = 0.033$  at Oswestry Disability Index and  $p = 0.001$  at sphygmomanometer which means there is no difference between the effect of Core Stability Exercise with William's Flexion Exercise of the disability and muscle strength in Low Back Pain Miogenik.. **Conclusion:** There is a difference effect between Core Stability Exercise with William's Flexion Exercise for decreasing disability index measurement and muscle strength in Low Back Pain Miogenik.

**Keywords** : Core Stability Exercise, William's Flexion Exercise, Disability, Kekuatan otot.