



ABSTRAK

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EFEKTIVITAS PENAMBAHAN LATIHAN *RIVER STONE* PADA LATIHAN JALAN TANDEM TERHADAP PENINGKATAN KESEIMBANGAN PADA ANAK USIA 10-12 TAHUN

Terdiri dari VI Bab, 67 Halaman, 19 Tabel, 4 Gambar, 8 Grafik, 5 Lampiran

Tujuan : Untuk mengetahui perbedaan penambahan latihan *river stone* pada latihan jalan tandem terhadap peningkatan keseimbangan anak usia 10-12 tahun.
Metode : Penelitian ini bersifat eksperimental dengan bentuk 2 kelompok, keseimbangan dinamis dan statis diukur menggunakan *modified bass of dynamic balance test* dengan nilai poin pada 10 titik yang telah diberikan jarak tertentu. Pengukuran kedua menggunakan *single leg stance test* dengan *stopwatch*. Sampel terdiri dari 22 orang berdasarkan rumus *Pocock*. Sampel dikelompokkan menjadi 2 kelompok yang terdiri dari 11 orang, perlakuan I latihan jalan tandem, perlakuan II latihan jalan tandem dan latihan *river stone*.
Hasil : Uji normalitas *Saphiro Wilk Test* terdistribusi normal, uji homogenitas *Levene's Test* memiliki varian homogen. Hasil uji hipotesa perlakuan I dengan *paired sample T-Test* nilai peningkatan keseimbangan $p=0,001$ yang berarti pemberian latihan jalan tandem efektif dalam meningkatkan keseimbangan anak. Perlakuan II nilai peningkatan keseimbangan $p=0,001$ bahwa penambahan latihan *river stone* pada latihan jalan tandem efektif dalam meningkatkan keseimbangan anak. Pada hasil *T-Test Independent* menunjukkan peningkatan keseimbangan $p=0,001$ bahwa ada perbedaan efektivitas antara latihan jalan tandem dengan latihan *river stone* pada latihan jalan tandem untuk meningkatkan keseimbangan anak.
Kesimpulan : Ada perbedaan efektivitas antara latihan jalan tandem dengan latihan latihan *river stone* pada latihan jalan tandem untuk meningkatkan keseimbangan anak usia 10-12 tahun.

Kata Kunci : Jalan tandem, *river stone*, keseimbangan, anak usia 10-12 tahun.



ABSTRACT

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EFFECTIVENESS OF ADDITIONAL TRAINING EXERCISE ON THE STONE RIVER EXERCISE IMPROVEMENT OF BALANCE IN TANDEM WALKING TO CHILDREN AGED 10-12 YEARS

Consisting of Chapter VI, 67 pages, 19 tables, 4 Image, 8 graphs, 5 Attachment

Objective: To determine differences in the addition of exercise training on the tandem walking with river stone exercise to balance the increase in children aged 10-12 years. **Methods:** This study is experimental with 2 groups, where the dynamic balance and static measured using a modified bass of dynamic balance test with a value-based measurement points on a 10 point step that has been given a certain distance and a second measurement using a single leg stance test with stopwatch , The sample consisted of 22 people based formula Poccock. Samples can be classified into two groups of 11 people, the first treatment group using tandem walking exercise and the treatment group II using tandem walking exercise and the exercise river stone. **Results:** Test normality with Shapiro Wilk Test in getting the data is normally distributed, homogeneity test using Levene's Test in getting the data has a homogeneous variant. The test results hypotheses on treatment group I with Paired Sample T-Test, in getting the value of the increase in the balance of $p = 0.001$, which means granting tandem walking exercise effective in improving the balance of the child. In the treatment group II get the balance of the increased value of $p = 0.001$, which means increased exercise river stone in tandem walking exercise is effective in improving the balance of the child. At the T-Test results show the value of the increased balance Independent $p = 0.001$, which means there is no comparison between the effectiveness of the training exercises tandem with river stone on the road tandem exercises to improve balance children aged 10-12 years. **Conclusion:** There is no comparison between the effectiveness of the training exercises tandem with river stone exercise on the tandem walking exercises to improve balance children aged 10-12 years.

Keywords: Tandem walking, river stone, balance, children aged 10-12 years.