



## ABSTRACT

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***THE DIFFERENCE EFFECT BETWEEN WOBBLE BOARD EXERCISE AND BALANCE BEAM EXERCISE IN 5<sup>th</sup> YEARS OLD KINDERGARTEN BALANCE.***

Consisting of VI Chapter, 78 Maps, 10 Tables, 6 Picture, 3 Graphs, 4 Scheme, 7 Attachment.

**Objective:** To determine the difference in effect wobble board exercise and balance beam exercise in 5<sup>th</sup> years old. **Methods:** This research is Experiment, to determine the effect of exercise the research object. Sample consisted of 14 people. Sample divided into two groups which each group consist 7 people, the experiment group I practice with wobble board and the experiment group II practice with balance beam exercise. **Results :** Normality test using Shapiro Wilk Test normality of the data found, and homogeneity test using Levene's Test resulting homogeneity of the variance found. The results of hypothesis test on experiment group I with Paired Sample T-test earned value  $p= 0,001$  with mean before  $14,45\pm 2,36$ , after  $20,80\pm 3,69$  which means that wobble board increase balance. In experiment group II show p value of balance  $p= 0,001$  with mean before  $15,27\pm 2,19$ , after  $28,80\pm 6,32$  which means that balance beam and also effect in increase balance. The result of T-Test Independent show p value of balance  $p=0,033$  with mean difference I  $20,80\pm 3,69$ , difference II  $28,80\pm 6,32$  there is a difference between wobble board and balance beam exercise in 5<sup>th</sup> years old. **Conclusion :** There is a difference effect wobble board and balance beam in 5<sup>th</sup> years old.

**Keywords :** wobble board, balance beam, balance.