

ABSTRAK



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Eva Netus Vigusticha

Program Studi S-1 Fisioterapi,
Fakultas Fisioterapi,
Universitas Esa Unggul

PERBEDAAN PENGARUH PEMBERIAN LATIHAN BERJALAN JINJIT DENGAN LATIHAN TIGHTROPE WALKER DALAM MENINGKATKAN KESEIMBANGAN ANAK FLAT FOOT USIA 7-9 TAHUN

Terdiri VI Bab, 73 Halaman, 13 Tabel, 14 Gambar, 3 Grafik, 4 Skema, 4 Lampiran

Tujuan : Untuk mengetahui pengaruh pemberian latihan berjalan jinjit dengan latihan *tightrope walker* dalam meningkatkan keseimbangan anak *flat foot* 7-9 tahun. **Metode :** Jenis penelitian ini *quasi eksperiment*. Sampel terdiri dari 20 orang siswa SDN Duri Kepa 11 Pagi Jakarta Barat dengan *purposive sampling*. Sampel dikelompokkan menjadi dua kelompok, perlakuan I adalah 10 orang diberikan latihan berjalan jinjit dan perlakuan II adalah 10 orang diberikan latihan *tightrope walker*. **Hasil :** Uji normalitas pada *Shapiro Wilk Test* terdistribusi normal, uji homogenitas pada *Levene's Test* memiliki varian homogen. Hasil uji hipotesis pada perlakuan I dengan *Paired Sampel T-Test* didapatkan $p=0.000$ dengan $\text{mean} \pm \text{SD} = 18,7 \pm 1,829$ yang berarti latihan berjalan jinjit dapat meningkatkan keseimbangan anak *flat foot*. Pada kelompok perlakuan II dengan *Paired Sampel T-Test* didapatkan $p=0.000$ dengan $\text{mean} \pm \text{SD} = 18,8 \pm 1,687$ yang berarti latihan *tightrope walker* dapat meningkatkan keseimbangan anak *flat foot*. Hasil *Independent Sample T-Test* menunjukkan $p=0.011$ $\text{mean} \pm \text{SD} = 6,60 \pm 1,350$ yang berarti ada perbedaan pengaruh antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan :** Ada perbedaan pengaruh pemberian latihan berjalan jinjit dengan latihan *tightrope walker* dalam meningkatkan keseimbangan anak *flat foot* 7-9 tahun.

Kata Kunci : Latihan Berjalan Jinjit, Latihan *Tightrope Walker*, Keseimbangan Anak *Flat Foot*.

ABSTRACT



Universitas
Esa Unggulversitas

ggul **Esa Unggul** Universitas
THESIS, AGUSTUS 2017

Eva Netus Vigusticha

Study Program S-1 Physiotherapy,
Faculty of Physiotherapy,
Esa Unggul University

DIFFERENCES IN THE EFFECT OF WALKING ON TIPTOE EXERCISE WITH TIGHTROPE WALKER EXERCISE IN IMPROVING THE BALANCE OF THE CHILDREN FLAT FOOT AGE 7-9 YEARS

Composed VI Chapter, 73 Pages, 13 Tables, 14 Pictures, 3 Graphics, 4 Schemes, 4 Appendix

Objective: To know the difference of the effect of walking on tiptoe exercise with tightrope walker exercise in improving the balance of the children's flat foot age 7-9 years. **Methods:** This type of research is quasi experiment. The sample consisted of 20 students of SDN Duri Kepa 11 Pagi West Jakarta with purposive sampling. The sample was grouped into two groups, treatment I was 10 people were given walking training on tiptoe and treatment II was 10 people given tightrope walker exercise. **Result:** Normality test on Shapiro Wilk Test is normally distributed, homogeneity test on Levene's Test has homogeneous variant. The result of hypothesis test on treatment I with Paired Samples T-Test was obtained $p = 0.000$ with mean \pm SD $18,7 \pm 1,829$ which means walking training on tiptoe can improve balance of child of flat foot. In the treatment group II with Paired Samples T-Test obtained $p = 0.000$ with mean \pm SD 18.8 ± 1.687 which means tightrope walker exercise can improve the balance of the child's flat foot. The result of Independent Sample T-Test shows $p = 0.011$ mean \pm SD 6.60 ± 1.350 which means there is difference of influence between treatment group I and treatment group II. **Conclusion:** There is a difference in the effect of walking on tiptoe exercise with tightrope walker exercises in improving the balance of children's flat foot 7-9 years.

Keywords : Walking on Tiptoe Exercise , Tightrope Walker Exercise, The Balance of Children's Flat Foot.