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Galuh Kartika Kanastari Wibowo
Physiotherapy Program S1,
Faculty of Physiotherapy
Esa Unggul University

DIFFERENCES IN THE EFFECTIVENESS GLUTEUS EXERCISE ON BED AND GLUTEUS WALKING EXERCISE OF STRENGTHEN THE RECREATION RUNNER GLUTEUS MUSCLE

Composed VI Chapters, 83 Pages, 29 Tables, 16 Pictures, 8 Charts, 4 Schemes, 3 Appendix

Tujuan : To asses differences in effectiveness Gluteus on Bed and Gluteus Walking Exercise of strengthen the recreation runner gluetus muscle. **Methods :** This study is a kind of experimental to determine the effects of intervention to research object. The sample consisted of 18 members who are recreation or amateur runners in Indonesia Sport Medicine Centre (ISMC) Senayan and selected based on puposive sampling technique using an available form on the assesment. Samples were divided into two treatment groups, the treatment of group I consist 9 samples with given intervention is the gluteus exercise on bed and the treatment group II consisting of 9 samples with given intervention is gluteus walking exercise. **Results :** Results *saphiro wilk normality test* normal distribution of the data obtained while the homogenity test with *Lavene's Test* data obtained a homogeneous variant. Hypothesis test results in the treatment group I with related t-test p value of 0,001 where $p > 0,005$, which means the gluteus exercise on bed influential in increasing the strength of the gluteal muscle recreation or amateur runners. In the group treated with t-test related p value 0,001 where $p > 0,05$, which means that gluteus walking exercise influential in improving gluteus muscle strength showed the p value of indepent test gluteus muscle is 0,00 where $p < 0,05$, which means no difference in effectiveness between the gluteus walking exercise with gluteus exercise on bed in improving the strength of recreation or amateur runners gluteus muscle.

Keywords : *Gluteus exercise on bed, Gluteus walking exercise, Gluteus.*