

# Perbandingan latihan ROM unilateral dan latihan ROM bilateral terhadap kekuatan otot pasien hemiparese akibat stroke iskemik di RSUD Kota Tasikmalaya dan RSUD Kab. Ciamis = Comparison of unilateral ROM exercise and bilateral ROM exercise to muscle strength hemiparese patient in Ischemic stroke at RSUD Kota Tasikmalaya and RSUD Kab. Ciamis

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## Abstrak

Hemiparese merupakan masalah umum pada pasien stroke yang dapat menimbulkan disability. Latihan ROM merupakan salah satu bentuk latihan yang dinilai masih cukup efektif untuk mencegah terjadinya disability. Penelitian ini bertujuan untuk mengidentifikasi perbandingan latihan ROM unilateral dan latihan ROM bilateral terhadap kekuatan otot pasien hemiparese akibat stroke iskemik di RSUD Kota Tasikmalaya dan RSUD Kab. Ciamis. Penelitian menggunakan desain Quasi Experiment pre dan post test design. Jumlah sampel 30 responden yang dibagi menjadi kelompok intervensi I dan intervensi II. Evaluasi penelitian ini dilakukan pada hari pertama dan ketujuh untuk kedua kelompok tersebut. Tehnik pengambilan sampel adalah consecutive sampling.

Hasil penelitian menunjukkan kekuatan otot meningkat pada kedua kelompok intervensi dan terdapat perbedaan yang signifikan diantara kedua kelompok intervensi ( $p = 0.018$ ). Penelitian ini merekomendasikan perlunya penelitian lebih lanjut dan penggunaan latihan ini secara terprogram dalam menangani pasien stroke dengan hemiparese.

.....Hemiparese is a common problem that can caused disability. ROM exercise is still considered effective to prevent disability. This study is aimed to identify the comparison between unilateral ROM exercise and bilateral ROM Exercise on hemiparese patient's muscle strength caused by ischemic stroke in RSUD Kota Tasikmalaya and RSUD Kab. Ciamis. This study used Quasi Experiment pre and post test research designs. Number of samples were 30 respondents who were divided into intervention group I and group II. Evaluation research was done on the first day and seventh day for the two groups. Sampling technique used is a consecutive sampling.

Study results showed an increased in muscle strength ( $p = 0.001$ ) in both the intervention groups and there are significant differences between the two intervention groups ( $p = 0018$ ). This results suggested that bilateral ROM exercises increase muscle strength compare to unilateral ROM exercises. This study recommended the need for further research and the use of these exercises programmed in dealing with stroke patients with hemiparese.