ABSTRACT

EFEKTIVITAS ROM *AKTIF ASISTIF* TERHADAP KEKUATAN OTOT EKSTREMITAS ATAS PADA PASIEN PASCA STROKE

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Introduksi:Tingginya prevalensi stroke di Indonesia,serta pasien post stroke pada umumnya mengalami kelemahan otot pada bagian anggota gerak tubuh, gangguan postural dan adanya atrofi otot maka rehabilitasi dipandang penting dalam intervensi pengobatan pada pasien stroke. Rehabilitasi untuk mencegah terjadinya kecacatan penderita stroke salah satunya dengan terapi latihan *Range Of Motion Aktif Asistif*. Penelitian ini bertujuan untuk mengetahui Efektivitas ROM *Aktif Asistif* Terhadap Kekuatan Otot Pada Pasien Pasca Stroke **Metode**:Dalam penelitian ini peneliti menggunakan penelitian *Quasi Experimental Design* dengan desain *pendekatan Pre-Post test with control group design*. Besar sampel didapatkan dengan teknik *non probability sampling sebesar* 30 responden (n-perlakuan=15 dan n-kontrol=15). Intervensi dilakukan 10 kali 2 kali/hari selama 5 hari di analisis menggunakan uji Independent T-test dengan α=0,05 dan uji Pooled T test, **Hasil**: nilai rerata kekuatan otot pada kelompok kontrol saat pre-test sebesar 3,20 dan 3,47 saat post-test dengan nilai p 0,00,nilai rerata pada kelompok perlakuan sebesar 3,07 saat pre-test dan 3,80 saat post-test dengan nilai p 0,00 dan hasil uji pooled T-test diperoleh hasil signifikansi atau p value 0,013, ≤ α (0,05) artinya dapat dinyatakan H1 diterima atau terdapat pengaruh pemberian *ROM aktif asistif* terhadap kekuatan otot pada ekstremitas atas pasien pasca stroke. **Pembahasan:** Pemberian latihan *Rom Aktif Asistif* berpengaruh terhadap kekuatan otot ekstremitas atas pasien pasca stroke disebabkan beberapa faktor yaitu kondisi responden,lokasi hemiparese,umur dan semangat dari responden,nilai kekuatan otot sebelum latihan. Kesimpulan:*ROM Aktif Asistif* lebih efektif daripada ROM aktif terhadap kekuatan otot ekstremitas atas pada pasien pasca stroke terutama yang mempunyai nilai *Manual Muscle Test* 3 keatas.

Kata kunci: Stroke, *Rom aktif asistif*, Kekuatan Otot

ABSTRACT

THE EFFECTIVENESS OF ASSISTIVE ROM *ACTIVELY ON UPPER* EXTREMITY MUSCLE STRENGTH IN POST STROKE PATIENTS

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Introduction: The high prevalence of stroke in Indonesia, and post stroke patients generally experience muscle weakness in the limbs, postural disorders and muscle atrophy, so rehabilitation is considered important in the treatment intervention in stroke patients. Rehabilitation to prevent disability in stroke patients is one of them with *Active Assistive Range Of Motion exercise therapy.*This study aims to determine the Effectiveness *Assistive Active* Muscle Strength in Post-Stroke Patients. **Methods**: In this study, researchers used a *Quasy Experimental Design* with *a Pre Post test approach with control group design*. The sample size was obtained using a *non-probability sampling technique of* 30 respondents (n-treatment = 15 and n-control = 15). The intervention was carried out 10 times 2 times / day for 5 days analyzed using the Independent T-test with = 0.05 and the Pooled T test. **Results**: the mean value of muscle strength in the control group at the pre-test was 3.20 and 3 .47 at the post-test with a p-value of 0.00, the mean value in the treatment group was 3.07 at the pre-test and 3.80 at the post-test with a p-value of 0.00 and the results of the pooled T-test obtained significant results. or p value 0.013, (0.05) meaning that it can be stated that H1 is accepted or that there is an effect of giving *assistive active ROM* on muscle strength in the upper extremities of post-stroke patients. **Discussion:** The provision of *Assistive Active Rom* affects the strength of the extremities of post-stroke patients due to several factors, namely the respondent's condition, the location of the hemiparase, the age and enthusiasm of the respondent, the value of muscle strength before exercise. Conclusion:*Assistive Active ROM is* more effective than active ROM on upper extremity muscle strength in post-stroke patients, especially those with *Manual Muscle Test* 3 and above.

Keywords: Stroke, *Assistive Active Rom***, Muse Strength**