

ABSTRACT

RIFA YUZAIRI AGUSTIAN (NIM 6163210035). “THE EFFECT OF PROPIOSEPTIVE NEUROMUSCULAR FACILITATION (PNF) ON FLEXIBILITY IN CHILDREN OF CEREBRAL PALSY QUADRIPLÉGIA IN SLB TPI MEDAN”.

(Mentor: Puji Ratno, S.Si., M.Pd.)

Skripsi :Fakultas Ilmu Keolahragaan UNIMED 2021.

The purpose of this study was to determine the effect of giving proprioceptive neuromuscular facilitation (PNF) to increase the flexibility of children with cerebral palsy quadriplegia. The research was conducted at the child's house, Jl. Marendal II Village Hall, Gg Mosque, Deli Serdang Regency. This research uses experimental research, with experimental pretest-posttest design. Research Sample One child Cerebral Palsy Quadriplegia. Physical activity is doing Proprioceptive Neuromuscular Facilitation (PNF) movements. Exercise is done for 4 weeks, the frequency is 6 times a week. Flexibility examination was carried out at the beginning and at the end of the treatment, examined at the home of Cerebral Palsy Quadriplegia children. The data analysis technique in this study used the t-test. The results of the Anova test statistic showed that there was an effect of Flexibility after exercise on Cerebral Palsy Quadriplegia children. The results of the Anova test statistic showed that there was a significant increase ($p=0.002$; $p<0.05$) towards the increase in flexibility after exercise. Based on the results of the study obtained from data analysis, it was concluded that there was a significant effect on the provision of Proprioceptive Neuromuscular Facilitation (PNF) to increase the Flexibility of Cerebral Palsy Quadriplegia children.

Keywords: PNF Exercise, Flexibility, Cerebral Palsy Quadriplegia



ABSTRAK

RIFA YUZAIRI AGUSTIAN. “PENGARUH PEMBERIAN PROPIOSEPTIVE NEUROMUSCULAR FASILITATION (PNF) TERHADAP FLEKSIBILITAS PADA ANAK CEREBRAL PALSY QUADRIPLÉGIA DI SLB TPI MEDAN”.

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Skripsi :Fakultas Ilmu Keolahragaan UNIMED 2021.

Tujuan penelitian ini untuk mengetahui Pengaruh Pemberian *Propioseptive Neuromuscular Fasilitation* (PNF) Terhadap Peningkatan Fleksibilitas anak *Cerebral Palsy Quadriplegia*. Penelitian dilakukan di Rumah anak tersebut, Jl. Balai Desa Marendal II, Gg Masjid, Kab Deli Serdang. Penelitian ini menggunakan penelitian eksperimen, dengan disain *experimental pretest-posttest design*. Sampel Penelitian Satu orang anak *Cerebral Palsy Quadriplegia*. Aktifitas fisik melakukan gerakan *Propioseptive Neuromuscular Fasilitation* (PNF) . Latihan dilakukan selama 4 minggu, frekuensi 6 x seminggu. Pemeriksaan Fleksibilitas dilakukan di awal dan diakhir perlakuan, diperiksa di rumah anak *Cerebral Palsy Quadriplegia* . Teknik analisa data pada penelitian ini menggunakan uji-*t*. Hasil ststistik uji *Anova* menunjukkan bahwa ada pengaruh Fleksibilitas setelah latihan pada anak *Cerebral Palsy Quadriplegia*. Hasil ststistik uji *Anova* menunjukkan bahwa terjadi peningkatan yang signifikan ($p=0.002$; $p<0,05$) terhadap peningkatan Fleksibilitas setelah latihan. Berdasarkan hasil penelitian yang diperoleh dari analisis data, maka disimpulkan bahwa terdapat pengaruh yang signifikan terhadap pemberian *Propioseptive Neuromuscular Fasilitation* (PNF) terhadap peningkatkan Fleksibilitas anak *Cerebral Palsy Quadriplegia*.

Kata Kunci : Latihan PNF, Fleksibilitas, *Cerebral Palsy Quadriplegia*