

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**Pengaruh *Balance Exercise* Terhadap Kemampuan Melakukan Aktivitas
Sehari-Hari Pada Pasien Stroke Di Wilayah Kerja Puskesmas Harapan Raya
Pekanbaru**

xiv + 68 halaman + 2 skema + 5 gambar + 7 tabel + 21 lampiran

ABSTRAK

Masalah yang sering dialami oleh penderita stroke yaitu mengalami kelemahan anggota gerak tubuh yang mengakibatkan penurunan kemampuan dalam beraktivitas sehari-hari, sehingga perlu diberikan terapi. Terapi stroke penting dalam membantu penderita stroke untuk mencapai tingkat fungsional yang optimal. Pasien pasca stroke dengan diberikan *balance exercise* dapat meningkatkan kekuatan otot dan keseimbangan yang diperlukan dalam melakukan aktivitas sehari-hari secara mandiri. Dalam penelitian ini, peneliti menyajikan *balance exercise* dengan video yang berdurasi 31 menit (6 menit penjelasan dan 25 menit latihan). Penelitian ini bertujuan untuk mengetahui pengaruh *balance exercise* terhadap kemampuan melakukan aktivitas sehari-hari pada pasien stroke. Desain penelitian yang digunakan adalah *quasi-experiment* dengan rancangan *pre-test and post-test without control group*. Penelitian ini dilaksanakan dari tanggal 27 Desember 2024 hingga 31 Januari 2025. Responden berjumlah 18 orang dan teknik pengambilan sampel *purposive sampling*. Instrumen pengukuran kemampuan melakukan aktivitas sehari-hari menggunakan *Indeks Barthel*. Uji yang digunakan dalam penelitian ini analisis univariat dan bivariat menggunakan uji *paired t-test*. Rata-rata nilai *pre-test* kemampuan melakukan aktivitas sehari-hari responden 75,28 dan Rata-rata nilai *post-test* 77,78. Hasil analisis data didapatkan nilai selisih mean *pre-test* dan *post-test* yaitu -2,500, dan nilai *p-value* $0,001 < 0,05$ artinya ada pengaruh *balance exercise* terhadap kemampuan melakukan aktivitas sehari-hari pada pasien stroke. Peneliti merekomendasikan *balance exercise* dapat dilakukan secara rutin pada pasien stroke di rumah sebagai rehabilitasi tambahan.

Kata Kunci : Stroke, *Activity Of Daily Living*, *Balance Exercise*
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**The Effect of Balance Exercise on the Ability to Perform Daily Activities in Stroke Patients in the Harapan Raya Health Center Work Area Pekanbaru
xiv + 68 pages + 2 schemes + 5 figures + 7 tables + 21 appendixes**

ABSTRACT

The problem that is often experienced by stroke patients is experiencing limb weakness which results in a decrease in the ability to carry out daily activities, so therapy needs to be provided. Stroke therapy is important in helping stroke patients to achieve optimal functional levels. Post-stroke patients with balance exercise can improve muscle strength and balance needed in carrying out daily activities independently. In this study, researchers presented balance exercise with a 31-minute video (6 minutes of explanation and 25 minutes of exercise). This study aims to determine the effect of balance exercise on the ability to perform daily activities in stroke patients. The research design used was a quasi-experiment with a pre-test and post-test without control group design. This research was conducted from December 27, 2024 to January 31, 2025. Respondents totaled 18 people and purposive sampling technique. The instrument for measuring the ability to perform daily activities uses the Barthel Index. The test used in this study was univariate and bivariate analysis using paired t-test. The average pre-test value of the ability to perform daily activities of the respondents was 75.28 and the average post-test value was 77.78. The results of data analysis obtained the mean difference between pre-test and post-test is -2.500, and the p-value of $0.001 < 0.05$ means that there is an effect of balance exercise on the ability to perform daily activities in stroke patients. Researchers recommend that balance exercise can be done routinely in stroke patients at home as additional rehabilitation.

Keywords : Stroke, *Activity Of Daily Living*, *Balance Exercise*
References : 64 (2014-2025)