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Lampiran 1. Informed Consent**FORMULIR PERSETUJUAN MENGIKUTI PENELITIAN SETELAH MENDAPAT
PENJELASAN**

Saya yang bertanda tangan di bawah ini :

Nama :
Umur :
Alamat :

Setelah mendengar/membaca dan mengerti penjelasan yang diberikan mengenai tujuan , manfaat apa yang akan dilakukan pada penelitian ini, menyatakan setuju untuk ikut dalam penelitian ini secara sukarela tanpa paksaan.

Saya mengerti bahwa dari semua hal yang dilakukan peneliti pada saya, latihan yang dilakukan pada saya bisa menyebabkan masalah , namun saya percaya kemungkinan tersebut sangat kecil karena dilakukan secara bebas hama oleh petugas yang terlatih.

Saya tahu bahwa keikutsertaan saya ini bersifat sukarela tanpa paksaan, sehingga saya bisa menolak ikut atau mengundurkan diri dari penelitian ini tanpa kehilangan hak saya untuk mendapat pelayanan kesehatan. Juga saya berhak bertanya atau meminta penjelasan pada peneliti bila masih ada hal yang belum jelas atau masih ada hal yang ingin saya ketahui tentang penelitian ini.

Saya juga mengerti bahwa semua biaya yang dikeluarkan sehubungan dengan penelitian ini, akan ditanggung oleh peneliti. Demikian juga perawatan dan pengobatan bila terjadi hal-hal yang tidak diinginkan akibat penelitian ini, akan dibiayai oleh peneliti.

Saya percaya bahwa keamanan dan kerahasiaan data penelitian akan terjamin dan saya dengan ini menyetujui semua data saya yang dihasilkan pada penelitian ini untuk disajikan dalam bentuk lisan maupun tulisan.

Bila terjadi perbedaan pendapat di kemudian hari kami akan menyelesaikannya secara kekeluargaan.

	NAMA	TANDA TANGAN	TG/BLN/THN
Klien
Saksi 1
Saksi 2

Penanggung Jawab Penelitian

Nama :
Alamat :
Telepon :

Penanggung Jawab Medis

Nama :
Alamat :
Telepon :

Lampiran 2. Kuesioner GAIT

**KUESIONER POLA BERJALAN
GAIT ASSESMENT AND INTERVENTION TOOL (GAIT)**

Nama : _____

Tanggal : _____

Osteoarthritis lutut : bilateral / unilateral _____

Sisi Ekstremitas yg dinilai : Kanan / Kiri

Stand and Swing Phases

Nilai

- | | |
|--|--------------|
| <p>1. Posisi Shoulder</p> <p>0 = biasa</p> <p>1 = Posisi tidak normal (centang semua yang sesuai __depresi, __ elevasi, __ Retraksi, ____, atau __ protraksi).</p> | <p>_____</p> |
| <p>2. Fleksi Elbow</p> <p>0 = <math>45^{\circ}</math> (normal = ~10⁰)</p> <p>1 = 45 – 90⁰ fleksi elbow</p> <p>2 = >90⁰ felski elbow</p> | <p>_____</p> |
| <p>3. Ayunan Lengan</p> <p>0 = normal</p> <p>1 = abnormal – ayunan tangan berkurang atau tidak ada</p> | <p>_____</p> |
| <p>4. Aligmen Trunk (Statis)</p> <p>0 = Postur tegak normal (tidak ada fleksi, ekstensi atau Lateral fleksi)</p> <p>1 = Aligmen trunk statis dalam posisi __ fleksi atau __ ekstensi</p> <p>2 = Aligmen trunk statis dalam posisi fleksi lateral
Ke __ kanan atau __ kiri</p> <p>3 = Posisi trunk __ fleksi atau __ ekstensi dan fleksi lateral
Ke __ kanan atau __ kiri</p> | <p>_____</p> |

Stance Phase

5. Postur/pergerakan Trunk (bidang sagittal)(tampilan lateral) _____
 0 = normal (posisi static trunk sejajar tetap)
 1 = Trunk ___ fleksi atau ___ekstensi (periksa) $<30^0$
 2 = Trunk ___ fleksi atau ___ekstensi (periksa) $>30^0$
6. Postur/pergerakan Trunk (bidang coronal) (tampilan depan/belakang) _____
 0 = normal (posisi static trunk lurus dan tetap)
 1 = Posisi fleksi lateral trunk ke ___ kanan atau ke___kiri (periksa) $<30^0$
 2 = Posisi fleksi lateral trunk ke ___ kanan atau ke___kiri (periksa) $>30^0$
7. Pergeseran berat badan (pergeseran lateral dari kepala, badan (trunk) dan panggul) (bidang koronal) (tampilan depan/belakang) _____
 0 = Pergeseran berat badan normal (~25 mm pergeseran dari lengan saat stance phase)
 1 = Pergeseran berat badan kurang
 2 = Hampir tidak ada atau tidak ada pergeseran berat badan
 2 = Pergeseran berat badan berlebihan
8. Posisi panggul (bidang koronal)(tampilan depan/belakang) _____
 0 = normal (tidak ada tanda Trendelenberg)
 1 = Penurunan panggul ringan pada sisi kontralateral
 2 = Penurunan panggul yang parah pada sisi kontralateral
9. Ekstensi Hip (bidang sagittal)(tampilan lateral) _____
 0 = normal (bergerak 30^0 dari fleksi hip pada initial contact ke posisi netral midstance, lalu 20^0 ke ekstensi melewati netral terminal stance)
 1 = ekstensi hip ke netral midstance tapi kurang ekstensi selama terminal stance
 2 = abnormal pada seluruh stance (hip tetap fleksi atau ekstensi berlebihan)
10. Rotasi Hip (bidang koronal)(tampilan depan/belakang) _____
 0 = normal (posisi netral)
 1 = abnormal (internal rotasi)
 2 = abnormal (eksternal rotasi)
11. Knee – Fase kontak awal (initial contact phase) (bidang sagittal) (tampilan lateral). _____
 Pilih ___ A atau ___ B (centang pilihan)

A. Fleksi Knee

0 = normal (knee posisi netral/ tidak hiperekstensi)

1 = 5° – 15° fleksi knee

2 = $>15^{\circ}$, tapi $< 30^{\circ}$ fleksi knee

3 = $> 30^{\circ}$ fleksi knee

B. Ekstensi Knee

0 = normal (knee posisi netral/ tidak fleksi)

1 = 5° – 15° hiperekstensi knee

2 = $>15^{\circ}$, tapi $< 30^{\circ}$ hiperekstensi knee

3 = $> 30^{\circ}$ hiperekstensi knee

12. Knee - Fase loading phase (bidang sagital) (tampilan lateral). _____

Pilih ___ A atau ___ B (centang pilihan)

A. Fleksi Knee

0 = normal (sampai 15° fleksi knee)

1 = $> 5^{\circ}$, tapi $< 30^{\circ}$ fleksi knee

2 = $\geq 30^{\circ}$ fleksi knee

B. Ekstensi Knee

0 = normal (sampai 15° fleksi knee)

1 = tidak ada fleksi, sampai 15° hiperekstensi knee

2 = $\geq 15^{\circ}$ hiperekstensi knee

13. Knee – Fase midstance (bidang sagital) (tampilan lateral) _____

Pilih ___ A, ___ B, ___ C, or ___ D (centang pilihan)

A. Fleksi Knee

0 = normal (Fleksi Knee 4° saat heel strike, meningkat menjadi 15° fleksi sebanyak 14% dari siklus berjalan)

1 = 5° – 15° fleksi saat midstance; tidak mencapai netral saat midstance

2 = $> 15^{\circ}$ tapi $< 30^{\circ}$ fleksi knee

3 = $\geq 30^{\circ}$ fleksi lutut

B. Ekstensi Knee

0 = normal (Fleksi Knee 4° saat heel strike, meningkat menjadi 15° fleksi sebanyak 14% dari siklus berjalan)

1 = ekstensi knee saat midstance; tidak hiperekstensi

2 = Ekstensi knee sampai 15° sampai fase midstance

3 = $> 15^{\circ}$ hiperekstensi knee sampai fase midstance

C. Knee Fleksi bergerak ke ekstensi

- 0 = normal (Fleksi Knee 4^0 saat heel strike, meningkat menjadi 15^0 fleksi sebanyak 14% dari siklus berjalan)
- 1 = fleksi knee normal sampai awal fase midstance, kemudian ekstensi lutut ke posisi netral
- 2 = Fleksi knee saat awal fase midstance, kemudian ekstensi knee ke rentang full ekstensi (netral atau lebih) dengan tidak terkendali tetapi tidak terhentak kembali
- 3 = Fleksi knee selama awal fase midstance, kemudian knee tiba-tiba dan kuat meluas ke jangkauan akhir dengan cara yang tidak terkendali

D. Ekstensi knee bergerak ke fleksi

- 0 = normal (Fleksi Knee 4^0 saat heel strike, meningkat menjadi 15^0 fleksi sebanyak 14% dari siklus berjalan)
- 1 = Ekstensi knee normal sampai awal fase midstance, kemudian fleksi lutut dan tetap dalam keadaan terkontrol
- 2 = Ekstensi knee saat awal fase midstance, kemudian fleksi knee dengan tidak terkendali dan dapat dikontrol kembali
- 3 = Ekstensi knee selama awal fase midstance, kemudian knee tertekuk dan gagal dikontrol dan membutuhkan strategi kompensasi

14. Knee – fase terminal stance/pre-swing (heel-rise to toe-off) _____

(bidang sagittal) (tampilan lateral)

- 0 = normal (posisi fleksi lutut bidang sagittal $35 - 45^0$)
- 1 = fleksi knee $<35^0$ atau $>45^0$
- 2 = fleksi knee $35 - 45^0$ kemudian bertambah
- 3 = lutut tetap ekstensi penuh

15. Gerakan Ankle (bidang sagittal)(lateral view). _____

Pilih ___ A atau ___ B (centang pilihan)

A. Plantar fleksi Ankle

- 0 = normal (dari posisi netral ankle pada awal heel contact ke 10^0 plantar fleksi sebelum midstance, kemudian 10^0 dorsofleksi saat heel off)
- 1 = normal dari initial contact (dengan heel strike) ke midstance tapi plantar fleksi setelah midstance
- 2 = foot flat saat initial contact dengan plantar fleksi saat heel off
- 3 = tidak ada heel contact dengan plantar fleksi berlebihan saat heel off
- 3 = salah satu heel contact atau tidak ada heel contact yang diikuti plantar fleksi berlebihan atau sedikit saat midstance

B. Dorsofleksi Ankle

- 0 = normal (dari posisi netral ankle ke awal initial heel, berpindah 10^0)
- 1 = normal sesaat sebelum tengah-tengah midstance, tapi $>10^0$ dorsofleksi

setelah midstance

2 = 15 – 20⁰ dorsofleksi saat midstance dan terminal stance (heel off)

3 = dorsofleksi ankle berlebihan (>20⁰) diseluruh posisi

16. Inversi Ankle (bidang Koronal) (tampilan depan/belakang) _____
- 0 = normal (sedikit inversi.supinasi saat initial stance; lalu eversi/pronasi sampai heel-off)
- 1 = inversi.supinasi berlebihan saat initial stance
- 2 = inversi.supinasi berlebihan saat initial stance dan midstance
- 3 = inversi.supinasi berlebihan selama stance
17. Plantar fleksi selama pre-swing (heel-rise to toe-off)(bidang sagittal) _____
(tampilan lateral)
- 0 = normal (push-off adekuat saat pre-swing untuk berpindah dari posisi dorsofleksi ke 10⁰ plantarfleksi
- 1 = Saat push-off terdapat dorongan sebagian/lemah saat bergerak ke plantarfleksi pada toe-off
- 2 = plantarfleksi tidak ada/ kurang; tidak ada push-off (dorongan)
18. Posisi jari kaki (Bidang sagittal)(tampilan lateral) _____
- 0 = normal (jari kaki pada posisi normal)
- 1 = ekstensi jari kaki yang berlebihan
- 1 = mencakar

Swing Phase

19. Postur/Gerakan Trunk (Dinamis)(Bidang Sagittal)(tampilan lateral) _____
- 0 = normal (kesejajaran trunk statis dipertahankan)
- 1 = trunk ___ fleksi atau ___ ekstensi (pilih salah satu) < 30⁰
- 2 = trunk ___ fleksi atau ___ ekstensi (pilih salah satu) 30⁰ atau lebih
20. Postur/Gerakan trunk (Dinamis)(Bidang Koronal) _____
(tampilan depan/belakang)
- 0 = normal (kesejajaran trunk statis dipertahankan)
- 1 = trunk lateral fleksi ke ___ kanan atau ke ___ kiri
(pilih salah satu) < 30⁰
- 2 = trunk lateral fleksi ke ___ kanan atau ke ___ kiri
(pilih salah satu) 30⁰ atau lebih
21. Posisi Pelvic (Bidang Coronal)(tampilan depan/belakang) _____
- 0 = normal (pelvic relative rata atau sedikit lebih rendah di swing side)
- 1 = Terdapat hip hiking ringan
- 2 = hip hiking sedang samapi berat

22. Posisi pelvic (bidang sagittal)(tampilan samping) _____
 0 = normal (posisi netral sehubungan dengan kemiringan anterior atau posterior)
 1 = anterior pelvic tilt
 1 = posterior pelvic tilt
23. Rotasi pelvic saat tungkai swings forward _____
 (bidang transversal)(tampilan atas)
 0 = normal (dari 5^0 rotasi mundur saat swing initiation ke 5^0 rotasi ke depan dengan terminal swing)
 1 = rotasi pelvic berkurang
 1 = rotasi pelvic berlebihan
 2 = tidak ada rotasi pelvic
24. Fleksi hip (bidang sagittal)(tampilan lateral) _____
 0 = normal (0^0 fleksi hip saat initial swing ke $\sim 35^0$ di puncak kemudian berkurang menjadi $\sim 25^0$ di terminal swing; hip netral sehubungan dengan abduksi/adduksi)
 1 = hip mulai swing saan fleksi tapi mencapai puncak normal
 1 = $> 10^0$, tapi $< 30^0$ puncak fleksi hip di bidang sagital
 2 = $> 10^0$, tapi $< 30^0$ puncak fleksi hip dan dengan abduksi hip (misalnya = sirkumduksi)
 2 = $> 10^0$, tapi $< 30^0$ puncak fleksi hip dan dengan adduksi hip (misalnya = scissoring)
 3 = 0^0 sampai 10^0 fleksi hip selama swing
 3 = $> 35^0$ fleksi hip (fleksi hip berlebihan)
25. Rotasi Hip (bidang koronal)(tampilan lateral) _____
 0 = normal (tetap netral)
 1 = abnormal, internal rotasi
 1 = abnormal, eksternal rotasi
26. Knee – awal swing (bidang sagittal)(tampilan lateral) _____
 0 = normal (40^0 – 60^0 fleksi knee)
 1 = minimal 15^0 fleksi knee, tapi $< 40^0$ fleksi knee
 2 = $< 15^0$ fleksi knee
 3 = knee tidak pernah fleksi
27. Knee – midswing (bidang sagittal)(lateral view) _____
 0 = normal(60^0 fleksi knee $\pm 4^0$)
 1 = 45^0 – 55^0 fleksi knee
 2 = 25^0 – 45^0 fleksi knee
 3 = 0^0 sampai 25^0 fleksi knee

28. Knee – Terminal swing (bidang sagittal)(tampilan lateral) _____
 0 = normal (dari posisi fleksi knee ke full ekstensi knee)
 1 = dari posisi fleksi knee, tetap pada fleksi knee seluruhnya
 1 = dari posisi ekstensi knee tetap ekstensi knee seluruhnya
29. Pergerakan Ankle (bidang sagittal)(tampilan lateral) _____
 0 = normal (plantarfleksi dari awal terminal stance [toe-off]
 ke netral midswing, kemudian sedikit dorsofleksi sesaat sebelum
 initial contact pada stance)
 1 = midswing ankle netral tapi tidak ada dorsofleksi saat terminal swing
 2 = tidak ada midswing ankle netral dan tidak ada dorsofleksi pada
 terminal swing; plantarfleksi seluruhnya
30. Inversi Ankle (bidang sagittal)(tampilan depan/belakang) _____
 0 = normal (ankle tetap netral terkait inversi/eversi)
 1 = ankle dalam posisi terbalik saat swing
31. Posisi Toe (bidang sagittal)(tampilan lateral) _____
 0 = normal (jari kaki pada posisi netral)
 1 = ekstensi jari kaki tidak adaekuat
 1 = mencakar

Total score: ____/62

Lampiran 3. Kuesioner WOMAC

KUESIONER KEMAMPUAN FUNGSIONAL

The Western Ontario and McMaster Universities Osteoarthritis Index

(WOMAC)

Nama : _____

Umur :

Tanggal : _____

Petunjuk: silahkan pilih setiap kategori sesuai dengan skala kesulitan yang di rasakan dalam aktivitas :

0 = Tidak ada nyeri,

1 = Ringan,

2 = Sedang,

3 = Berat,

4 = Sangat berat/nyeri

lingkar satu angka pada setiap aktivitas di bawah ini:

Nyeri	1. <u>Berjalan</u>	0	1	2	3	4
	2. <u>Menaiki tangga</u>	0	1	2	3	4
	3. <u>Kegiatan di malam hari</u>	0	1	2	3	4
	4. <u>Istirahat</u>	0	1	2	3	4
	5. <u>Berdiri statis</u>	0	1	2	3	4
Rasa Kaku	1. <u>Kaku di pagi hari</u>	0	1	2	3	4
	2. <u>Kaku pada hari berikutnya</u>	0	1	2	3	4
Aktivitas fungsional	1. <u>Menuruni tangga</u>	0	1	2	3	4
	2. <u>Menaiki tangga</u>	0	1	2	3	4
	3. <u>Bangkit dari dari duduk</u>	0	1	2	3	4
	4. <u>Berdiri</u>	0	1	2	3	4

5. Membungkuk ke lantai	0	1	2	3	4
6. Berjalan di atas permukaan	0	1	2	3	4
7. Masuk/ keluar mobil	0	1	2	3	4
8. Pergi berbelanja	0	1	2	3	4
9. Memakai Kaos Kaki	0	1	2	3	4
10. Berbaring diatas tempat tidur	0	1	2	3	4
11. Melepaskan kaos kaki	0	1	2	3	4
12. Bangun dari tempat tidur	0	1	2	3	4
13. Masuk/ keluar kamar mandi	0	1	2	3	4
14. Duduk	0	1	2	3	4
15. Masuk keluar toilet	0	1	2	3	4
16. Pekerjaan rumah yang berat	0	1	2	3	4
17. Pekerjaan rumah yang ringan	0	1	2	3	4

Skala Penilaian

Nilai 0	: Tidak ada
Nilai 1	: Ringan
Nilai 2	: Sedang
Nilai 3	: Sangat
Nilai 4	: Sangat Sekali

Interpretasi total skor WOMAC:

0 – 24	= Ringan
24 – 48	= Sedang
48 – 72	= Berat
72 – 96	= Sangat Berat

Lampiran 4. Surat Etik



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN
RISET, DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
FAKULTAS KESEHATAN MASYARAKAT
Jln. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp. (0411) 585658,
E-mail : fk.m.unhas@gmail.com, website: <https://fk.m.unhas.ac.id/>

REKOMENDASI PERSETUJUAN ETIK

Nomor : : 2888/UN4.14.1/TP.01.02/2023

Tanggal : 15 Maret 2023

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No. Protokol	08323092057	No. Sponsor Protokol	
Peneliti Utama	A. Nur Pratiwi	Sponsor	Pribadi
Judul Peneliti	Pengaruh retrowalking Program Terhadap Pola Berjalan dan Kemampuan Fungsional Pada Pasien Osteoarthritis Lutut di Rumah Sakit Universitas Hasanuddin		
No. Versi Protokol	1	Tanggal Versi	08 Maret 2023
No. Versi PSP	1	Tanggal Versi	08 Maret 2023
Tempat Penelitian	Poliklinik Fisioterapi Rumah Sakit Universitas Hasanuddin		
Judul Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard	Masa Berlaku 15 Maret 2023 Sampai 15 Maret 2024	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian	Nama : Prof.dr. Veni Hadju, M.Sc, Ph.D	Tanda tangan 	
Sekretaris Komisi Etik Penelitian	Nama : Dr. Wahiduddin, SKM., M.Kes	Tanda tangan 	

Kewajiban Peneliti Utama :

1. Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
2. Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
3. Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
4. Menyerahkan laporan akhir setelah Penelitian berakhir
5. Melaporkan penyimpangan dari protocol yang disetujui (protocol deviation/violation)
6. Mematuhi semua peraturan yang ditentukan



Lampiran 5. Surat Telah Meneliti di RSP Universitas Hasanuddin



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,
RISET, DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
RUMAH SAKIT UNHAS

Jl. Perintis Kemerdekaan Km. 10 Tamalanrea, Makassar 90245

Website: www.rs.unhas.ac.id Email: info@rs.unhas.ac.id Telp: (0411) 591331 Fax: (0411) 591332

Nomor : 7578/UN4.24.1.1/PT.01.05/2023
Hal : Surat Keterangan Selesai Penelitian

08 Juni 2023

Dengan ini menerangkan bahwa mahasiswa yang beridentitas :

Nama : A. Nur Pratiwi
NIM : P062211021
Institusi : Universitas Hasanuddin
Kode Penelitian : 230330_1

Telah menyelesaikan penelitian di Rumah Sakit Unhas.

Terhitung pada tanggal : 1 April 2023 s/d 31 Mei 2023

Dengan Sampel : Data Primer ; Kuesioner

Dalam rangka penyusunan Tesis yang berjudul:

"Pengaruh retrowalking program terhadap pola berjalan dan kemampuan fungsional pada pasien osteoarthritis lutut di rumah sakit universitas hasanuddin"

Demikian surat keterangan ini dibuat dan diberikan kepada yang bersangkutan untuk dipergunakan seperlunya.

Manajer Pendidikan dan Penelitian,



dr. Aslim Taslim, Sp.Onk.Rad, M.Kes
NIP. 198304252012121003

Hasil Uji SPSS Responden OA Lutut Poli Fisioterapi RSP Universitas Hasanuddin

1. Karakteristik Data

Statistics

	Jenis Kelamin Kelompok Eksperimen	Usia Kelompok Eksperimen	Jenis Kelamin Kelompok Kontrol	Usia Kelompok Kontrol	IMT Kelompok Eksperimen	IMT Kelompok Kontrol
N Valid	15	15	15	15	15	15
Missing	0	0	0	0	0	0

Jenis Kelamin Kelompok Eksperimen

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Pria	5	33.3	33.3	33.3
Wanita	10	66.7	66.7	100.0
Total	15	100.0	100.0	

Usia Kelompok Eksperimen

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 56 thn - 70 thn	12	80.0	80.0	80.0
71 thn - 85 thn	3	20.0	20.0	100.0
Total	15	100.0	100.0	

Jenis Kelamin Kelompok Kontrol

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Pria	5	33.3	33.3	33.3
Wanita	10	66.7	66.7	100.0
Total	15	100.0	100.0	

Usia Kelompok Kontrol

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 56 thn - 70 thn	14	93.3	93.3	93.3
71 thn - 85 thn	1	6.7	6.7	100.0
Total	15	100.0	100.0	

IMT Kelompok Eksperimen

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 18.5 - 22.9	4	26.7	26.7	26.7
>23	11	73.3	73.3	100.0
Total	15	100.0	100.0	

IMT Kelompok Kontrol

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18.5 - 22.9	6	40.0	40.0	40.0
	> 23	9	60.0	60.0	100.0
	Total	15	100.0	100.0	

2. Uji Normalitas Data

Case Processing Summary

Kategori		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Nilai	Pre Eks GAIT	15	100.0%	0	.0%	15	100.0%
	Post Eks GAIT	15	100.0%	0	.0%	15	100.0%
	Pre Kontrol GAIT	15	100.0%	0	.0%	15	100.0%
	Post Kontrol GAIT	15	100.0%	0	.0%	15	100.0%
	Pre Eks WOMAC	15	100.0%	0	.0%	15	100.0%
	Post Eks WOMAC	15	100.0%	0	.0%	15	100.0%
	Pre Kontrol WOMAC	15	100.0%	0	.0%	15	100.0%
	Post Kontrol WOMAC	15	100.0%	0	.0%	15	100.0%
	Selisih Pre-Post Eks GAIT	15	100.0%	0	.0%	15	100.0%
	Selisih Pre Eks WOMAC	15	100.0%	0	.0%	15	100.0%
	Selisih Pre Post Kontrol GAIT	15	100.0%	0	.0%	15	100.0%
	Selisih Pre Post Kontrol WOMAC	15	100.0%	0	.0%	15	100.0%

Descriptives

Kategori			Statistic	Std. Error
Nilai	Pre Eks GAIT	Mean	26.53	1.099
		95% Confidence Interval for Mean		
		Lower Bound	24.18	
		Upper Bound	28.89	
		5% Trimmed Mean	26.59	
		Median	25.00	
		Variance	18.124	
		Std. Deviation	4.257	
		Minimum	20	
		Maximum	32	
		Range	12	
		Interquartile Range	8	
		Skewness	-.120	.580

	Kurtosis		-1.524	1.121
Post Eks GAIT	Mean		16.07	1.071
	95% Confidence Interval for Mean	Lower Bound	13.77	
		Upper Bound	18.36	
	5% Trimmed Mean		16.02	
	Median		15.00	
	Variance		17.210	
	Std. Deviation		4.148	
	Minimum		10	
	Maximum		23	
	Range		13	
	Interquartile Range		4	
	Skewness		.236	.580
	Kurtosis		-.559	1.121
	Pre Kontrol GAIT	Mean		24.53
95% Confidence Interval for Mean		Lower Bound	20.97	
		Upper Bound	28.10	
5% Trimmed Mean			24.09	
Median			24.00	
Variance			41.410	
Std. Deviation			6.435	
Minimum			17	
Maximum			40	
Range			23	
Interquartile Range			11	
Skewness			.910	.580
Kurtosis			.638	1.121
Post Kontrol GAIT		Mean		17.53
	95% Confidence Interval for Mean	Lower Bound	14.27	
		Upper Bound	20.80	
	5% Trimmed Mean		17.26	
	Median		15.00	
	Variance		34.695	
	Std. Deviation		5.890	
	Minimum		10	
	Maximum		30	
	Range		20	

	Interquartile Range		9	
	Skewness		.594	.580
	Kurtosis		-.533	1.121
Pre Eks WOMAC	Mean		61.07	1.814
	95% Confidence Interval for Mean	Lower Bound	57.18	
		Upper Bound	64.96	
	5% Trimmed Mean		61.46	
	Median		62.00	
	Variance		49.352	
	Std. Deviation		7.025	
	Minimum		45	
	Maximum		70	
	Range		25	
	Interquartile Range		9	
	Skewness		-1.018	.580
	Kurtosis		.788	1.121
	Post Eks WOMAC	Mean		40.13
95% Confidence Interval for Mean		Lower Bound	37.07	
		Upper Bound	43.19	
5% Trimmed Mean			40.43	
Median			41.00	
Variance			30.552	
Std. Deviation			5.527	
Minimum			27	
Maximum			48	
Range			21	
Interquartile Range			3	
Skewness			-1.011	.580
Kurtosis			1.442	1.121
Pre Kontrol WOMAC		Mean		60.00
	95% Confidence Interval for Mean	Lower Bound	56.01	
		Upper Bound	63.99	
	5% Trimmed Mean		60.06	
	Median		62.00	
	Variance		52.000	
	Std. Deviation		7.211	
	Minimum		49	

	Maximum		70	
	Range		21	
	Interquartile Range		12	
	Skewness		-.203	.580
	Kurtosis		-1.055	1.121
Post Kontrol WOMAC	Mean		49.00	1.862
	95% Confidence Interval for Mean	Lower Bound	45.01	
		Upper Bound	52.99	
	5% Trimmed Mean		49.44	
	Median		48.00	
	Variance		52.000	
	Std. Deviation		7.211	
	Minimum		32	
	Maximum		58	
	Range		26	
	Interquartile Range		13	
	Skewness		-.748	.580
	Kurtosis		.592	1.121
Selisih Pre-Post Eks GAIT	Mean		10.47	.904
	95% Confidence Interval for Mean	Lower Bound	8.53	
		Upper Bound	12.41	
	5% Trimmed Mean		10.35	
	Median		11.00	
	Variance		12.267	
	Std. Deviation		3.502	
	Minimum		6	
	Maximum		17	
	Range		11	
	Interquartile Range		4	
	Skewness		.539	.580
	Kurtosis		-.140	1.121
Selisih Pre Eks WOMAC	Mean		20.93	1.296
	95% Confidence Interval for Mean	Lower Bound	18.15	
		Upper Bound	23.71	
	5% Trimmed Mean		21.15	
	Median		21.00	
	Variance		25.210	

	Std. Deviation		5.021	
	Minimum		11	
	Maximum		27	
	Range		16	
	Interquartile Range		7	
	Skewness		-.591	.580
	Kurtosis		-.575	1.121
Selisih Pre Post Kontrol GAIT	Mean		7.00	.577
	95% Confidence Interval for Mean	Lower Bound	5.76	
		Upper Bound	8.24	
	5% Trimmed Mean		6.89	
	Median		6.00	
	Variance		5.000	
	Std. Deviation		2.236	
	Minimum		4	
	Maximum		12	
	Range		8	
	Interquartile Range		3	
	Skewness		.752	.580
	Kurtosis		.284	1.121
	Selisih Pre Post Kontrol WOMAC	Mean		11.00
95% Confidence Interval for Mean		Lower Bound	9.34	
		Upper Bound	12.66	
5% Trimmed Mean			10.94	
Median			10.00	
Variance			9.000	
Std. Deviation			3.000	
Minimum			6	
Maximum			17	
Range			11	
Interquartile Range			4	
Skewness			.275	.580
Kurtosis			-.196	1.121

Tests of Normality

Kategori	Kolmogorov-Smirnov ^a			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
Nilai	Pre Eks GAIT	.186	15	.175	.905	15	.113
	Post Eks GAIT	.135	15	.200*	.939	15	.373
	Pre Kontrol GAIT	.175	15	.200*	.894	15	.077
	Post Kontrol GAIT	.200	15	.110	.921	15	.201
	Pre Eks WOMAC	.148	15	.200*	.912	15	.147
	Post Eks WOMAC	.224	15	.042	.891	15	.069
	Pre Kontrol WOMAC	.143	15	.200*	.930	15	.270
	Post Kontrol WOMAC	.128	15	.200*	.933	15	.302
	Selisih Pre-Post Eks GAIT	.131	15	.200*	.919	15	.184
	Selisih Pre Eks WOMAC	.129	15	.200*	.934	15	.310
	Selisih Pre Post Kontrol GAIT	.206	15	.087	.930	15	.270
	Selisih Pre Post Kontrol WOMAC	.164	15	.200*	.976	15	.938

a. Lilliefors Significance Correction

*. This is a lower bound of the true significance.

3. Uji T Berpasangan

a. Pola Berjalan (GAIT)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pretest Eksperimen GAIT	26.53	15	4.257	1.099
Posttest Eksperimen GAIT	16.07	15	4.148	1.071
Pair 2 Pretest Kontrol GAIT	24.53	15	6.435	1.662
Posttest Kontrol GAIT	17.40	15	5.914	1.527

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 Pretest Eksperimen GAIT & Posttest Eksperimen GAIT	15	.653	.008
Pair 2 Pretest Kontrol GAIT & Posttest Kontrol GAIT	15	.948	.000

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Pretest Eksperimen GAIT - Posttest Eksperimen GAIT	10.467	3.502	.904	8.527	12.406	11.574	14	.000
Pair 2 Pretest Kontrol GAIT - Posttest Kontrol GAIT	7.133	2.066	.533	5.989	8.277	13.375	14	.000

b. Kemampuan Fungsional (WOMAC)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest Eksperimen WOMAC	61.07	15	7.025	1.814
	Posttest Eksperimen WOMAC	40.13	15	5.527	1.427
Pair 2	Pretest Kontrol WOMAC	60.00	15	7.211	1.862
	Pretest Kontrol WOMAC	49.00	15	7.211	1.862

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pretest Eksperimen WOMAC & Posttest Eksperimen WOMAC	15	.704	.003
Pair 2	Pretest Kontrol WOMAC & Pretest Kontrol WOMAC	15	.913	.000

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	Pretest Eksperimen WOMAC - Posttest Eksperimen WOMAC	20.933	5.021	1.296	18.153	23.714	16.147	14	.000
Pair 2	Pretest Kontrol WOMAC - Pretest Kontrol WOMAC	11.000	3.000	.775	9.339	12.661	14.201	14	.000

4. Uji Pengaruh Berdasarkan Karakteristik Sampel

- a. Uji Pengaruh sebelum dan setelah perlakuan terhadap pola berjalan dan kemampuan fungsional pada kelompok eksperimen

1) Jenis Kelamin

a) Pria

Descriptive Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
Pretest	5	24.80	2.864	21	29
Pretest_Eks_WOMAC	5	56.00	9.138	45	68
Posttest_eks_GAIT	5	15.80	4.764	10	23
Posttest_Eks_WOMAC	5	37.60	6.427	27	42

Statistics

		Pretest_Eks_GA IT	Posttest_eks_G AIT	Pretest_Eks_W OMAC	Posttest_Eks_W OMAC
N	Valid	5	5	5	5
	Missing	0	0	0	0
Mean		24.80	15.80	56.00	37.60
Median		25.00	15.00	58.00	41.00

Ranks

		N	Mean Rank	Sum of Ranks
Posttest_eks_GAIT - Pretest_Eks_GAIT	Negative Ranks	5 ^a	3.00	15.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	5		
Posttest_Eks_WOMAC - Pretest_Eks_WOMAC	Negative Ranks	5 ^d	3.00	15.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	5		

- a. Posttest_eks_GAIT < Pretest_Eks_GAIT
 b. Posttest_eks_GAIT > Pretest_Eks_GAIT
 c. Posttest_eks_GAIT = Pretest_Eks_GAIT
 d. Posttest_Eks_WOMAC < Pretest_Eks_WOMAC
 e. Posttest_Eks_WOMAC > Pretest_Eks_WOMAC
 f. Posttest_Eks_WOMAC = Pretest_Eks_WOMAC

Test Statistics^a

	Posttest_eks_G AIT - Pretest_Eks_GA IT	Posttest_Eks_W OMAC - Pretest_Eks_W OMAC
Z	-2.032 ^b	-2.032 ^b
Asymp. Sig. (2-tailed)	.042	.042

- a. Wilcoxon Signed Ranks Test
 b. Based on positive ranks.

b) Wanita

Statistics

		Pretest_Eks_GA IT	Posttest_Eks_G AIT	Pretest_Eks_W OMAC	PostTest_Eks_ WOMAC
N	Valid	10	10	10	10
	Missing	0	0	0	0
Mean		27.40	16.20	63.60	41.40
Median		29.50	16.00	64.50	41.00
Std. Deviation		4.695	4.077	4.274	4.881
Minimum		20	10	57	31
Maximum		32	23	70	48

Ranks

		N	Mean Rank	Sum of Ranks
Posttest_Eks_GAIT - Pretest_Eks_GAIT	Negative Ranks	10 ^a	5.50	55.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	10		
PostTest_Eks_WOMAC - Pretest_Eks_WOMAC	Negative Ranks	10 ^d	5.50	55.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	10		

- a. Posttest_Eks_GAIT < Pretest_Eks_GAIT
 b. Posttest_Eks_GAIT > Pretest_Eks_GAIT
 c. Posttest_Eks_GAIT = Pretest_Eks_GAIT
 d. PostTest_Eks_WOMAC < Pretest_Eks_WOMAC
 e. PostTest_Eks_WOMAC > Pretest_Eks_WOMAC
 f. PostTest_Eks_WOMAC = Pretest_Eks_WOMAC

Test Statistics^a

	Posttest_Eks_G AIT - Pretest_Eks_GA IT	PostTest_Eks_ WOMAC - Pretest_Eks_W OMAC
Z	-2.809 ^b	-2.807 ^b
Asymp. Sig. (2-tailed)	.005	.005

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

2) Usia

a) 56-70 tahun

Statistics

		Pretest_Eks_GA IT	Posttest_Eks_G AIT	Pretest_Eks_W OMAC	PostTest_Eks_ WOMAC
N	Valid	12	12	12	12
	Missing	2	2	2	2
Mean		26.08	15.67	61.00	38.83
Median		25.00	16.00	63.00	40.50
Std. Deviation		4.358	4.141	7.640	5.289
Minimum		20	10	45	27
Maximum		32	23	70	47

Ranks

		N	Mean Rank	Sum of Ranks
Posttest_Eks_GAIT - Pretest_Eks_GAIT	Negative Ranks	12 ^a	6.50	78.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	12		
PostTest_Eks_WOMAC - Pretest_Eks_WOMAC	Negative Ranks	12 ^d	6.50	78.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	12		

a. Posttest_Eks_GAIT < Pretest_Eks_GAIT

b. Posttest_Eks_GAIT > Pretest_Eks_GAIT

c. Posttest_Eks_GAIT = Pretest_Eks_GAIT

d. PostTest_Eks_WOMAC < Pretest_Eks_WOMAC

e. PostTest_Eks_WOMAC > Pretest_Eks_WOMAC

f. PostTest_Eks_WOMAC = Pretest_Eks_WOMAC

Test Statistics^a

	Posttest_Eks_G AIT - Pretest_Eks_GA IT	PostTest_Eks_ WOMAC - Pretest_Eks_W OMAC
Z	-3.068 ^b	-3.063 ^b
Asymp. Sig. (2-tailed)	.002	.002

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

b) 71-85 tahun

Statistics

		PreTest_Eks_G AIT	Posttest_Eks_G AIT	PreTest_Eks_W OMAC	Posttest_Eks_W OMAC
N	Valid	3	3	3	3
	Missing	0	0	0	0
Mean		28.33	17.67	61.33	45.33
Median		29.00	15.00	59.00	46.00
Std. Deviation		4.041	4.619	4.933	3.055
Minimum		24	15	58	42
Maximum		32	23	67	48

Ranks

		N	Mean Rank	Sum of Ranks
Posttest_Eks_GAIT - PreTest_Eks_GAIT	Negative Ranks	3 ^a	2.00	6.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	3		
Posttest_Eks_WOMAC - PreTest_Eks_WOMAC	Negative Ranks	3 ^d	2.00	6.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	3		

a. Posttest_Eks_GAIT < PreTest_Eks_GAIT

b. Posttest_Eks_GAIT > PreTest_Eks_GAIT

c. Posttest_Eks_GAIT = PreTest_Eks_GAIT

d. Posttest_Eks_WOMAC < PreTest_Eks_WOMAC

e. Posttest_Eks_WOMAC > PreTest_Eks_WOMAC

f. Posttest_Eks_WOMAC = PreTest_Eks_WOMAC

Test Statistics^a

	Posttest_Eks_G AIT - PreTest_Eks_G AIT	Posttest_Eks_W OMAC - PreTest_Eks_W OMAC
Z	-1.604 ^b	-1.604 ^b
Asymp. Sig. (2-tailed)	.109	.109

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

3) IMT

a) Normal

Statistics

		Pre_Eks_GAIT	Post_Eks_GAIT	Pre_Eks_WOMAC	Post_Eks_WOMAC
N	Valid	4	4	4	4
	Missing	0	0	0	0
Mean		28.00	18.25	62.75	42.50
Median		30.00	18.00	63.50	41.00
Std. Deviation		5.477	4.425	2.872	3.697
Minimum		20	14	59	40
Maximum		32	23	65	48

Ranks

		N	Mean Rank	Sum of Ranks
Post_Eks_GAIT - Pre_Eks_GAIT	Negative Ranks	4 ^a	2.50	10.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	4		
Post_EKS_WOMAC - Pre_Eks_WOMAC	Negative Ranks	4 ^d	2.50	10.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	4		

- a. Post_Eks_GAIT < Pre_Eks_GAIT
 b. Post_Eks_GAIT > Pre_Eks_GAIT
 c. Post_Eks_GAIT = Pre_Eks_GAIT
 d. Post_EKS_WOMAC < Pre_Eks_WOMAC
 e. Post_EKS_WOMAC > Pre_Eks_WOMAC
 f. Post_EKS_WOMAC = Pre_Eks_WOMAC

Test Statistics^a

	Post_Eks_GAIT - Pre_Eks_GAIT	Post_EKS_WO MAC - Pre_Eks_WOM AC
Z	-1.841 ^b	-1.826 ^b
Asymp. Sig. (2-tailed)	.066	.068

- a. Wilcoxon Signed Ranks Test
 b. Based on positive ranks.

b) Obesitas

Statistics

		Pre_Eks_GAIT	Post_Eks_GAIT	Pre_Eks_WOM AC	Post_EKS_WO MAC
N	Valid	11	11	11	11
	Missing	0	0	0	0
Mean		26.00	15.27	60.45	39.27
Median		25.00	15.00	60.00	41.00
Std. Deviation		3.899	3.952	8.067	5.968
Minimum		21	10	45	27
Maximum		32	23	70	47

Ranks

		N	Mean Rank	Sum of Ranks
Post_Eks_GAIT - Pre_Eks_GAIT	Negative Ranks	11 ^a	6.00	66.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	11		
Post_EKS_WOMAC - Pre_Eks_WOMAC	Negative Ranks	11 ^d	6.00	66.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	11		

- a. Post_Eks_GAIT < Pre_Eks_GAIT
 b. Post_Eks_GAIT > Pre_Eks_GAIT
 c. Post_Eks_GAIT = Pre_Eks_GAIT
 d. Post_EKS_WOMAC < Pre_Eks_WOMAC
 e. Post_EKS_WOMAC > Pre_Eks_WOMAC
 f. Post_EKS_WOMAC = Pre_Eks_WOMAC

Test Statistics^a

	Post_Eks_GAIT - Pre_Eks_GAIT	Post_EKS_WO MAC - Pre_Eks_WOM AC
Z	-2.943 ^b	-2.937 ^b
Asymp. Sig. (2-tailed)	.003	.003

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

b. Uji Pengaruh sebelum dan setelah perlakuan terhadap pola berjalan dan kemampuan fungsional pada kelompok kontrol

1) Usia

a) 56-70 tahun

Statistics

		Pre Kontrol GAIT	Post Kontrol GAIT	Pre Kontrol WOMAC	Post Kontrol WOMAC
N	Valid	14	14	14	14
	Missing	0	0	0	0
Mean		24.21	17.36	59.50	48.64
Median		22.50	14.50	60.00	48.00
Std. Deviation		6.554	6.071	7.208	7.344
Minimum		17	10	49	32
Maximum		40	30	70	58

Ranks

		N	Mean Rank	Sum of Ranks
Post Kontrol GAIT - Pre Kontrol GAIT	Negative Ranks	14 ^a	7.50	105.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	14		
Post Kontrol WOMAC - Pre Kontrol WOMAC	Negative Ranks	14 ^d	7.50	105.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	14		

a. Post Kontrol GAIT < Pre Kontrol GAIT

b. Post Kontrol GAIT > Pre Kontrol GAIT

c. Post Kontrol GAIT = Pre Kontrol GAIT

d. Post Kontrol WOMAC < Pre Kontrol WOMAC

e. Post Kontrol WOMAC > Pre Kontrol WOMAC

f. Post Kontrol WOMAC = Pre Kontrol WOMAC

Test Statistics^a

	Post Kontrol GAIT - Pre Kontrol GAIT	Post Kontrol WOMAC - Pre Kontrol WOMAC
Z	-3.314 ^b	-3.307 ^b
Asymp. Sig. (2-tailed)	.001	.001

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

b) 71-85 tahun

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pre Kontrol GAIT	29.0000	1 ^a	.	.
Post Kontrol GAIT	20.0000	1 ^a	.	.
Pair 2 Pre Kontrol WOMAC	67.0000	1 ^a	.	.
Post Kontrol WOMAC	54.0000	1 ^a	.	.

a. The correlation and t cannot be computed because the sum of caseweights is less than or equal to 1.

2) Jenis Kelamin

a) Pria

Statistics

	PreTest_Kontrol _GAIT	Posttest_Kontrol _GAIT	Pretest_Kontrol _WOMAC	PostTest_Kontr ol_WOMAC
N Valid	5	5	5	5
Missing	0	0	0	0
Mean	22.80	17.20	56.20	45.40
Median	21.00	15.00	55.00	46.00
Std. Deviation	4.712	5.020	8.643	9.370
Minimum	19	13	49	32
Maximum	30	24	70	58

Ranks

	N	Mean Rank	Sum of Ranks
Posttest_Kontrol_GAIT - PreTest_Kontrol_GAIT	Negative Ranks	5 ^a	15.00
	Positive Ranks	0 ^b	.00
	Ties	0 ^c	
	Total	5	
PostTest_Kontrol_WOMAC - Pretest_Kontrol_WOMAC	Negative Ranks	5 ^d	15.00
	Positive Ranks	0 ^e	.00
	Ties	0 ^f	
	Total	5	

- a. Posttest_Kontrol_GAIT < PreTest_Kontrol_GAIT
 b. Posttest_Kontrol_GAIT > PreTest_Kontrol_GAIT
 c. Posttest_Kontrol_GAIT = PreTest_Kontrol_GAIT
 d. PostTest_Kontrol_WOMAC < Pretest_Kontrol_WOMAC
 e. PostTest_Kontrol_WOMAC > Pretest_Kontrol_WOMAC
 f. PostTest_Kontrol_WOMAC = Pretest_Kontrol_WOMAC

Test Statistics^a

	Posttest_Kontrol _GAIT - PreTest_Kontrol GAIT	PostTest_Kontr ol_WOMAC - Pretest_Kontrol WOMAC
Z	-2.121 ^b	-2.023 ^b
Asymp. Sig. (2-tailed)	.034	.043

- a. Wilcoxon Signed Ranks Test
 b. Based on positive ranks.

b) Wanita

Statistics

		Pretest_Kontrol GAIT	Post_test_Kontr oI_GAIT	Pretest_Kontrol WOMAC	Posttest_Kontrol WOMAC
N	Valid	10	10	10	10
	Missing	0	0	0	0
Mean		25.40	17.70	61.90	50.80
Median		25.50	17.00	62.50	52.00
Std. Deviation		7.214	6.533	5.971	5.574
Minimum		17	10	50	42
Maximum		40	30	70	58

Ranks

		N	Mean Rank	Sum of Ranks
Post_test_Kontrol_GAIT - Pretest_Kontrol_GAIT	Negative Ranks	10 ^a	5.50	55.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	10		
Posttest_Kontrol_WOMAC - Pretest_Kontrol_WOMAC	Negative Ranks	10 ^d	5.50	55.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	10		

- a. Post_test_Kontrol_GAIT < Pretest_Kontrol_GAIT
b. Post_test_Kontrol_GAIT > Pretest_Kontrol_GAIT
c. Post_test_Kontrol_GAIT = Pretest_Kontrol_GAIT
d. Posttest_Kontrol_WOMAC < Pretest_Kontrol_WOMAC
e. Posttest_Kontrol_WOMAC > Pretest_Kontrol_WOMAC
f. Posttest_Kontrol_WOMAC = Pretest_Kontrol_WOMAC

Test Statistics^a

	Post_test_Kontr oI_GAIT - Pretest_Kontrol GAIT	Posttest_Kontrol _WOMAC - Pretest_Kontrol WOMAC
Z	-2.807 ^b	-2.812 ^b
Asymp. Sig. (2-tailed)	.005	.005

- a. Wilcoxon Signed Ranks Test
b. Based on positive ranks.

3) IMT

a) Normal

Statistics

		Pretest_Kontrol GAIT	Post_test_Kontr oI_GAIT	Pretest_Kontrol WOMAC	Posttest_Kontrol WOMAC
N	Valid	6	6	6	6
	Missing	0	0	0	0
Mean		26.00	18.33	49.67	11.00
Median		25.50	17.00	49.50	11.00
Std. Deviation		8.509	7.737	6.713	2.098
Minimum		17	10	42	8
Maximum		40	30	58	14

Ranks

		N	Mean Rank	Sum of Ranks
Post_test_Kontrol_GAIT - Pretest_Kontrol_GAIT	Negative Ranks	6 ^a	3.50	21.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	6		
Posttest_Kontrol_WOMAC - Pretest_Kontrol_WOMAC	Negative Ranks	6 ^d	3.50	21.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	6		

- a. Post_test_Kontrol_GAIT < Pretest_Kontrol_GAIT
 b. Post_test_Kontrol_GAIT > Pretest_Kontrol_GAIT
 c. Post_test_Kontrol_GAIT = Pretest_Kontrol_GAIT
 d. Posttest_Kontrol_WOMAC < Pretest_Kontrol_WOMAC
 e. Posttest_Kontrol_WOMAC > Pretest_Kontrol_WOMAC
 f. Posttest_Kontrol_WOMAC = Pretest_Kontrol_WOMAC

Test Statistics^a

	Post_test_Kontr ol_GAIT - Pretest_Kontrol GAIT	Posttest_Kontrol _WOMAC - Pretest_Kontrol _WOMAC
Z	-2.207 ^b	-2.201 ^b
Asymp. Sig. (2-tailed)	.027	.028

- a. Wilcoxon Signed Ranks Test
 b. Based on positive ranks.

b) Obesitas

Statistics

		Pre Kontrol GAIT	Post Kontrol GAIT	Pre Kontrol WOMAC	Post Kontrol WOMAC
N	Valid	9	9	9	9
	Missing	2	2	2	2
Mean		23.56	17.00	59.56	48.56
Median		21.00	15.00	62.00	48.00
Std. Deviation		4.953	4.743	7.418	7.892
Minimum		19	11	49	32
Maximum		30	24	70	58

Ranks

		N	Mean Rank	Sum of Ranks
Post Kontrol GAIT - Pre Kontrol GAIT	Negative Ranks	9 ^a	5.00	45.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	9		
Post Kontrol WOMAC - Pre Kontrol WOMAC	Negative Ranks	9 ^d	5.00	45.00
	Positive Ranks	0 ^e	.00	.00
	Ties	0 ^f		
	Total	9		

- a. Post Kontrol GAIT < Pre Kontrol GAIT
 b. Post Kontrol GAIT > Pre Kontrol GAIT
 c. Post Kontrol GAIT = Pre Kontrol GAIT
 d. Post Kontrol WOMAC < Pre Kontrol WOMAC
 e. Post Kontrol WOMAC > Pre Kontrol WOMAC
 f. Post Kontrol WOMAC = Pre Kontrol WOMAC

Test Statistics^a

	Post Kontrol GAIT - Pre Kontrol GAIT	Post Kontrol WOMAC - Pre Kontrol WOMAC
Z	-2.692 ^b	-2.668 ^b
Asymp. Sig. (2-tailed)	.007	.008

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

5. Uji homogenitas
 - a. Pola Berjalan (GAIT)

Case Processing Summary

Kategori		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Hasil_Penilaian	Gainscore_Eks_GAIT	15	100.0%	0	.0%	15	100.0%
	Gainscore_Kontrol_GAIT	15	100.0%	0	.0%	15	100.0%

Descriptives

Kategori			Statistic	Std. Error	
Hasil_Penilaian	Gainscore_Eks_GAIT	Mean	10.47	.904	
		95% Confidence Interval for Mean	Lower Bound	8.53	
			Upper Bound	12.41	
		5% Trimmed Mean	10.35		
		Median	11.00		
		Variance	12.267		
		Std. Deviation	3.502		
		Minimum	6		
		Maximum	17		
		Range	11		
		Interquartile Range	4		
		Skewness	.539	.580	
		Kurtosis	-.140	1.121	
Gainscore_Kontrol_GAIT	T	Mean	7.00	.577	
		95% Confidence Interval for Mean	Lower Bound	5.76	
			Upper Bound	8.24	
		5% Trimmed Mean	6.89		
		Median	6.00		
		Variance	5.000		
		Std. Deviation	2.236		

Minimum	4	
Maximum	12	
Range	8	
Interquartile Range	3	
Skewness	.752	.580
Kurtosis	.284	1.121

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
Hasil_Penilaian	Based on Mean	2.262	1	28	.144
	Based on Median	1.864	1	28	.183
	Based on Median and with adjusted df	1.864	1	26.584	.184
	Based on trimmed mean	2.329	1	28	.138

b. Kemampuan Fungsional (WOMAC)

Case Processing Summary

Kategori		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Hasil_Penilaian	Gainscore_Eks_WOMAC	15	100.0%	0	.0%	15	100.0%
	Gainscore_Kontrol_WOMAC	15	100.0%	0	.0%	15	100.0%

Descriptives

Kategori		Statistic	Std. Error	
Hasil_Penilaian	Gainscore_Eks_WOMAC Mean	20.93	1.296	
	95% Confidence Interval for Mean	Lower Bound	18.15	
		Upper Bound	23.71	
	5% Trimmed Mean	21.15		
	Median	21.00		
	Variance	25.210		
	Std. Deviation	5.021		
	Minimum	11		
	Maximum	27		
	Range	16		
	Interquartile Range	7		
	Skewness	-.591	.580	
	Kurtosis	-.575	1.121	
	Gainscore_Kontrol_WOMAC Mean	11.33	.815	

AC	95% Confidence Interval for Mean	Lower Bound	9.59	
		Upper Bound	13.08	
	5% Trimmed Mean		11.31	
	Median		12.00	
	Variance		9.952	
	Std. Deviation		3.155	
	Minimum		6	
	Maximum		17	
	Range		11	
	Interquartile Range		5	
	Skewness		.040	.580
	Kurtosis		-.690	1.121

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
Hasil_Penilaian	Based on Mean	3.316	1	28	.079
	Based on Median	3.192	1	28	.085
	Based on Median and with adjusted df	3.192	1	24.836	.086
	Based on trimmed mean	3.272	1	28	.081

6. Uji T tidak Berpasangan
 1. Uji Independent Sample T Test
 - a. Uji Independen T pola berjalan

Group Statistics

Kelompok		N	Mean	Std. Deviation	Std. Error Mean
Hasil_Penilaian	Post_Eks_GAIT	15	10.47	3.502	.904
	Post_Kontrol_GAIT	15	7.00	2.236	.577

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
								Lower	Upper	
Hasil_Penilaian	Equal variances assumed	2.262	.144	3.231	28	.003	3.467	1.073	1.269	5.664
	Equal variances not assumed			3.231	23.787	.004	3.467	1.073	1.251	5.682

b. Uji t independent Kemampuan fungsional

Group Statistics

Kelompok		N	Mean	Std. Deviation	Std. Error Mean
Hasil_Penilaian	Post_Eks_WOMAC	15	20.93	5.021	1.296
	Post_Kontrol_WOMAC	15	11.33	3.155	.815

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Hasil_Penilaian	Equal variances assumed	3.316	.079	6.270	28	.000	9.600	1.531	6.464	12.736
	Equal variances not assumed			6.270	23.563	.000	9.600	1.531	6.437	12.763

c. Uji T tidak berpasangan Pola Berjalan Karakteristik Jenis Kelamin Pria

Group Statistics

		Kategori_GAIT	N	Mean	Std. Deviation	Std. Error Mean
GAIT	Klp Eksperimen Pria		5	9.00	2.121	.949
	Klp Kontrol Pria		5	5.60	.894	.400

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
GAIT	Equal variances assumed	2.902	.127	3.302	8	.011	3.400	1.030	1.026	5.774
	Equal variances not assumed			3.302	5.379	.019	3.400	1.030	.808	5.992

d. Uji T tidak berpasangan Pola Berjalan Karakteristik Jenis Kelamin Wanita

Group Statistics

		Kategori_GAIT_Wanita	N	Mean	Std. Deviation	Std. Error Mean
GAIT_Wanita	Klp Eksperimen		10	11.20	3.910	1.236
	Klp Kontrol		10	7.70	2.406	.761

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
GAIT_Wanita	Equal variances assumed	1.712	.207	2.411	18	.027	3.500	1.452	.450	6.550
	Equal variances not assumed			2.411	14.961	.029	3.500	1.452	.405	6.595

e. Uji T tidak berpasangan Pola Berjalan Karakteristik Usia 56-70

Group Statistics

	Kategori_GAIT_56_70	N	Mean	Std. Deviation	Std. Error Mean
GAIT_56_70	Klp Eksperimen	12	10.42	3.118	.900
	Klp Kontrol	14	6.86	2.248	.601

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
GAIT_56_70	Equal variances assumed	.998	.328	3.374	24	.003	3.560	1.055	1.382	5.737
	Equal variances not assumed			3.289	19.683	.004	3.560	1.082	1.300	5.819

f. Uji T tidak berpasangan Pola Berjalan Karakteristik Usia 71-85

Group Statistics

	Kategori_GAIT_71_85	N	Mean	Std. Deviation	Std. Error Mean
GAIT_71_85	Klp Eksperimen	3	10.67	5.686	3.283
	Klp Kontrol	1	9.00	.	.

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
GAIT_71_85	Equal variances assumed	.	.	.254	2	.823	1.667	6.566	-26.584	29.917
	Equal variances not assumed			.	.	.	1.667	.	.	.

g. Uji T tidak berpasangan Pola Berjalan Karakteristik IMT Normal

Group Statistics

	Kategori_GAIT_Normal	N	Mean	Std. Deviation	Std. Error Mean
GAIT_Normal	Klp Eksperimen	4	9.75	5.188	2.594
	Klp Kontrol	6	7.67	2.875	1.174

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
GAIT_Normal	Equal variances assumed	1.238	.298	.826	8	.433	2.083	2.522	-3.732	7.898
	Equal variances not assumed			.732	4.247	.503	2.083	2.847	-5.644	9.810

h. Uji T tidak berpasangan Pola Berjalan Karakteristik IMT Obesitas

Group Statistics

	Kategori_GAIT_Obesitas	N	Mean	Std. Deviation	Std. Error Mean
GAIT_Obesitas	Klp Eksperimen	11	10.73	2.970	.895
	Klp Kontrol	9	6.56	1.740	.580

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
GAIT_Obesitas	Equal variances assumed	1.190	.290	3.714	18	.002	4.172	1.123	1.812	6.531
	Equal variances not assumed			3.910	16.518	.001	4.172	1.067	1.916	6.427

i. Uji T tidak berpasangan Kemampuan Fungsional Karakteristik Jenis Kelamin Pria

Group Statistics

	Kategori_WOMAC	N	Mean	Std. Deviation	Std. Error Mean
WOMAC	Klp Eksperimen Pria	5	18.40	5.225	2.337
	Klp Kontrol Pria	5	10.80	4.087	1.828

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
WOMAC	Equal variances assumed	.063	.808	2.562	8	.034	7.600	2.966	.759	14.441
	Equal variances not assumed			2.562	7.561	.035	7.600	2.966	.690	14.510

j. Uji T tidak berpasangan Kemampuan Fungsional Karakteristik Jenis Kelamin Wanita

Group Statistics

	Kategori_WOMAC_Wanita	N	Mean	Std. Deviation	Std. Error Mean
WOMAC_Wanita	Klp Eksperimen	10	22.20	4.662	1.474
	Klp Kontrol	10	11.10	2.558	.809

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
WOMAC_Wanita	Equal variances assumed	1.465	.242	6.601	18	.000	11.100	1.682	7.567	14.633
	Equal variances not assumed			6.601	13.970	.000	11.100	1.682	7.493	14.707

k. Uji T tidak berpasangan Kemampuan Fungsional Karakteristik Usia 56-70

Group Statistics

	Kategori WOMAC_56_70	N	Mean	Std. Deviation	Std. Error Mean
WOMAC_56_70	Klp Eksperimen	12	22.17	4.387	1.266
	Klp Kontrol	14	10.86	3.060	.818

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
WOMAC_56_70	Equal variances assumed	2.518	.126	7.713	24	.000	11.310	1.466	8.283	14.336
	Equal variances not assumed			7.503	19.255	.000	11.310	1.507	8.157	14.462

l. Uji T tidak berpasangan Kemampuan Fungsional Karakteristik Usia 71-85

Group Statistics

	Kategori_Womac_71_85	N	Mean	Std. Deviation	Std. Error Mean
WOMAC_71_85	Klp Eksperimen	3	16.00	5.000	2.887
	Klp Kontrol	1	13.00	.	.

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
WOMAC_71_85	Equal variances assumed	.	.	.520	2	.655	3.000	5.774	-21.841	27.841
	Equal variances not assumed			.	.	.	3.000	.	.	.

m. Uji T tidak berpasangan Kemampuan Fungsional Karakteristik IMT Normal

Group Statistics

	Kategori_WOMAC_Normal	N	Mean	Std. Deviation	Std. Error Mean
WOMAC_Normal	Klp Eksperimen	4	20.25	6.397	3.198
	Klp Kontrol	6	11.00	2.098	.856

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
WOMAC_Normal	Equal variances assumed	3.952	.082	3.369	8	.010	9.250	2.746	2.918	15.582
	Equal variances not assumed			2.794	3.435	.058	9.250	3.311	-.571	19.071

n. Uji T tidak berpasangan Kemampuan Fungsional Karakteristik IMT Obesitas

Group Statistics

	Kategori WOMAC_Obesitas	N	Mean	Std. Deviation	Std. Error Mean
WOMAC_Obesitas	Klp Eksperimen	11	21.18	4.771	1.439
	Klp Kontrol	9	11.00	3.606	1.202

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
WOMAC_Obesitas	Equal variances assumed	1.433	.247	5.278	18	.000	10.182	1.929	6.129	14.235
	Equal variances not assumed			5.432	17.919	.000	10.182	1.875	6.242	14.121

Lampiran 7: Dokumentasi



FORMAT CURRICULUM VITAE

A. Data Pribadi

1. Nama : A. Nur Pratiwi
2. Tempat, tanggal lahir : Ujung Pandang, 28 Maret 1991
3. Alamat : Kab. Gowa, Sulawesi Selatan
4. Email : anurpratiwiii@gmail.com
5. Kewarganegaraan : Indonesia

B. Riwayat Pendidikan

1. Tamat SMA tahun 2009 di SMAN 3 Sinjai
2. Sarjana (S1) Fisioterapi tahun 2012 di Universitas Hasanuddin
3. Profesi Fisioterapi tahun 2014 di Universitas Hasanuddin
4. Magister (S2) Ilmu Biomedik tahun 2023 di Universitas Hasanuddin