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Lampiran 1. Formulir Persetujuan



**KEMENTERIAN PENDIDIKAN DAN KEBUDAYAAN
UNIVERSITAS HASANUDDIN
FAKULTAS KESEHATAN MASYARAKAT**

Sekretariat: J. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp (0411) 585658
Fax: (0411) 586013. Email: dekanfkmuh@gmail.com. Website: www.fkm.unhas.ac.id

FORMULIR PERSETUJUAN

Yang bertanda tangan di bawah ini:

Nama :
Tanggal lahir/umur :
Alamat :
No. Hp :

Setelah mendengar/membaca dan mengerti penjelasan yang diberikan mengenai apa yang dilakukan pada penelitian dengan judul "**Perbedaan Pengaruh *Square Stepping Exercise* Dengan *Balance Exercise* Berbasis *Otago Exercise* Terhadap Peningkatan Panjang Langkah Dan Keseimbangan Dinamis Pada Penderita *Osteoarthritis Knee***", maka saya bersedia berpartisipasi dalam penelitian ini. Saya mengerti bahwa pada penelitian ini maka ada beberapa pertanyaan-pertanyaan yang harus saya jawab, dan sebagai responden saya akan menjawab pertanyaan yang diajukan dengan jujur.

Saya menjadi responden bukan karena adanya paksaan dari pihak lain, tetapi karena keinginan saya sendiri dan tidak ada biaya yang akan ditanggungkan kepada saya sesuai dengan penjelasan yang sudah dijelaskan oleh peneliti.

Saya percaya bahwa keamanan dan kerahasiaan data yang diperoleh dari saya sebagai responden akan terjamin dan saya dengan ini menyetujui semua informasi dari saya yang dihasilkan pada penelitian ini dapat dipublikasikan dalam bentuk lisan maupun tulisan dengan tidak mencantumkan nama. Bila terjadi perbedaan pendapat dikemudian hari, kami akan menyelesaikannya secara kekeluargaan.

Makassar, 2023

Responden

(_____)

Penanggung Jawab Penelitian :

Nama : Rosmin, S.Tr. Kes
Alamat : BTN Zaidan residence 1 Blok C No. 7 Kota Kendari
Tlp/HP : 082193893891
Email : aderos850@gmail.com

Lampiran 2. Rekomendasi Persetujuan Etik



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN
RISET, DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN

FAKULTAS KESEHATAN MASYARAKAT

Jl. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp. (0411) 585658,
E-mail : fkm.unhas@gmail.com, website: <https://fkm.unhas.ac.id/>

REKOMENDASI PERSETUJUAN ETIK

Nomor :2557/UN4.14.1/TP.01.02/2023

Tanggal : 01 Maret 2023

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

No.Protokol	22223092048	No. Sponsor Protokol	
Peneliti Utama	Rosmin	Sponsor	Pribadi
Judul Peneliti	Perbedaan Pengaruh <i>Square Stepping Exercise</i> dengan <i>Balance Exercise</i> Berbasis <i>Otago Exercise</i> Terhadap Peningkatan Panjang Langkah Dan Keseimbangan Dinamis Pada Penderita <i>Osteoarthritis Knee</i>		
No. Versi Protokol	1	Tanggal Versi	22 Februari 2023
No. Versi PSP	1	Tanggal Versi	22 Februari 2023
Tempat Penelitian	RSU Hati Mulia Kendari		
Judul Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard	Masa Berlaku 01 Maret 2023 Sampai 01 Maret 2024	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian	Nama : Prof.dr. Veni Hadju, M.Sc, Ph.D	Tanda tangan	Tanggal 01 Maret 2023
Sekretaris komisi Etik Penelitian	Nama : Dr. Wahiduddin, SKM., M.Kes	Tanda tangan	Tanggal 01 Maret 2023

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 3. Surat Keterangan Telah



RUMAH SAKIT UMUM HATI MULIA
JL D.I PANJAITAN NO 243 KENDARI
TELP 0401 – 3196433 / FAX 0401 3195954
Email rsu.hatimulia@yahoo.co.id

SURAT KETERANGAN

Nomor: 325 /SKT/RSUHM/V/2023

Sehubungan dengan surat dari Kementerian Pendidikan, Kebudayaan, Riset dan Teknologi Universitas Hasanuddin Sekolah Pasca Sarjana. Perihal Permohonan Izin Penelitian dengan ini menerangkan bahwa nama mahasiswa di bawah ini :

Nama : Rosmin
Nim : P062211034
Judul : Perbedaan Pengaruh Square Stepping Exercise dengan Berbasis Otaga Exercise terhadap peningkatan Panjang Langkah dan Keseimbangan Dinamis pada penderita Osteoarthritis Knee.

Benar telah melakukan penelitian di RSUD Hati Mulia dengan judul : “PERBEDAAN PENGARUH SQUARE STEPPING EXERCISE DENGAN BERBASIS OTAGA EXERCISE TERHADAP PENINGKATAN PANJANG LANGKAH DAN KESEIMBANGAN DINAMIS PADA PENDERITA OSTEOARTHRITIS KNEE”.

Demikian surat Keterangan ini dibuat dan untuk dapat dipergunakan sebagaimana mestinya.

Kendari, 09 Mei 2023
RSU Hati Mulia Kendari
Sekretaris Diklat,

ASWAR ANNAS, SKM

Lampiran 4. Hasil Analisis Data (SPSS)

1. Analisis Deskriptif

a. Kelompok Perlakuan 1 (*Square stepping exercise*)

Usia Perlakuan 1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00 (60-63 Tahun)	4	22.2	22.2	22.2
2.00 (64-67 Tahun)	9	50.0	50.0	72.2
3.00 (68-70 Tahun)	5	27.8	27.8	100.0
Total	18	100.0	100.0	

Jenis Kelamin Perlakuan 1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid laki-laki	2	11.1	11.1	11.1
perempuan	16	88.9	88.9	100.0
Total	18	100.0	100.0	

Lama Menderita OA 1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid <3 Thn	14	77.8	77.8	77.8
<3 Thn	4	22.2	22.2	100.0
Total	18	100.0	100.0	

b. Kelompok Perlakuan 2 (*otago exercise*)

Usia Pelakuan 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	60-63	3	16.7	16.7	16.7
	64-67	10	55.6	55.6	72.2
	68-70	5	27.8	27.8	100.0
	Total	18	100.0	100.0	

Jenis Kelamin Perlakuan 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	laki-laki	7	38.9	38.9	38.9
	perempuan	11	61.1	61.1	100.0
	Total	18	100.0	100.0	

Lama Menderita OA 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	<3 Thn	12	66.7	66.7	66.7
	<3 Thn	6	33.3	33.3	100.0
	Total	18	100.0	100.0	

2. Uji Normalitas

a. Kekuatan Otot Kelompok Pertama Dan Kedua

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest 30CST 1	.174	18	.153	.924	18	.153
Posttest 30 CST 1	.173	18	.163	.917	18	.115
Pretest 30CST 2	.169	18	.187	.917	18	.117
Posttest 30 CST 2	.262	18	.002	.927	18	.174

b. Panjang Langkah Kelompok Pertama dan Kedua

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest Panjang Langkah 1	.135	18	.200 ⁺	.951	18	.439
Posttest Panjang Langkah 1	.113	18	.200 ⁺	.948	18	.402
Pretest Panjang Langkah 2	.106	18	.200 ⁺	.977	18	.912
Posttest Panjang Langkah 2	.111	18	.200 ⁺	.982	18	.965

c. Keseimbangan Dinamis Kelompok pertama dan kedua

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest Nilai TUG 1	.173	18	.164	.930	18	.196
Posttest Nilai TUG 1	.169	18	.190	.909	18	.084
Pretest Nilai TUG 2	.146	18	.200 [*]	.966	18	.730
Posttest Nilai TUG 2	.135	18	.200 [*]	.958	18	.558

3. Uji Paired t-Test (Pre dan Post Pemberian Latihan)

a. Kelompok Perlakuan 1

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pretest 30CST 1	8.72	18	1.179	.278
Posttest 30 CST 1	14.17	18	2.333	.550
Pair 2 Pretest Panjang Langkah 1	.5656	18	.07342	.01731
Posttest Panjang Langkah 1	.6661	18	.09121	.02150
Pair 3 Pretest Nilai TUG 1	15.5761	18	1.55666	.36691
Posttest Nilai TUG 1	9.2344	18	.78358	.18469

Paired Samples Test

	Paired Differences		t	df	Sig. (2-tailed)
	95% Confidence Interval of the Difference				
	Upper	Lower			
Pair 1 Pretest 30CST 1 - Posttest 30 CST 1	-4.779	-17.261	17	.000	

Pair 2	Pretest Panjang Langkah 1 - Posttest Panjang Langkah 1			-0.08479	-13.454	17	.000
Pair 3	Pretest Nilai TUG 1 - Posttest Nilai TUG 1			7.08314	18.045	17	.000

b. Kelompok Perlakuan 2

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest 30CST 2	8.72	18	1.904	.449
	Posttest 30 CST 2	13.67	18	3.447	.812
Pair 2	Pretest Panjang Langkah 2	.5661	18	.13258	.03125
	Posttest Panjang Langkah 2	.6800	18	.14237	.03356
Pair 3	Pretest Nilai TUG 2	14.8172	18	1.29813	.30597
	Posttest Nilai TUG 2	10.2183	18	.89895	.21188

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)
	95% Confidence Interval of the Difference			
	Upper			

Pair 1	Pretest 30CST 2 - Posttest 30 CST 2	-3.586	-7.677	17	.000
Pair 2	Pretest Panjang Langkah 2 - Posttest Panjang Langkah 2	-.09488	-12.644	17	.000
Pair 3	Pretest Nilai TUG 2 - Posttest Nilai TUG 2	5.18447	16.570	17	.000

4. Uji Paired t-test (Pre dan Post Berdasarkan Karakteristik Sampel) Kelompok Perlakuan Pertama (SSE)

a. Berdasarkan Usia (Kekuatan Otot)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 PretestUsia 60-63 tahun 30CST	10.0000	3	1.00000	.57735
Posttest Usia 60-63 tahun 30CST	17.0000	3	1.00000	.57735
Pair 2 Pretest Usia 64-67 tahun 30CST	8.6667	6	.51640	.21082
Posttest Usia 64-67 tahun 30CST	14.1667	6	1.47196	.60093
Pair 3 Pretest Usia 68-70 tahun 30CST	8.0000	5	1.22474	.54772
Pretest Usia 68-70 tahun 30CST	11.8000	5	.83666	.37417

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1 PretestUsia 60-63 tahun 30CST - Posttest Usia 60-63 tahun 30CST	-2.69735	-7.000	2	.020	

Pair 2	Pretest Usia 64-67 tahun 30CST - Posttest Usia 64-67 tahun 30CST	-3.53669	-7.201	5	.001
Pair 3	Pretest Usia 68-70 tahun 30CST - Pretest Usia 68-70 tahun 30CST	-2.18107	-6.517	4	.003

b. Berdasarkan Usia (Panjang Langkah)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean	
Pair 1	Pretest Usia 60-63 tahun PL	.6033	3	.05774	.03333
	Posttest Usia 60-63 tahun PL	.7400	3	.08718	.05033
Pair 2	Pretest Usia 64-67 tahun PL	.6083	6	.03189	.01302
	Posttest Usia 64-67 tahun PL	.7133	6	.06314	.02578
Pair 3	Pretest Usia 68-70 tahun PL	.5240	5	.06189	.02768
	Posttest Usia 68-70 tahun PL	.5800	5	.04743	.02121

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1	Pretest Usia 60-63 tahun PL - Posttest Usia 60-63 tahun PL	.22275	-1.636	2	.002

Pair 2	Pretest Usia 64-67 tahun PL - Posttest Usia 64-67 tahun PL	-.05284	-5.175	5	.004
Pair 3	Pretest Usia 68-70 tahun PL - Posttest Usia 68-70 tahun PL	.04122	-1.599	4	.001

c. Berdasarkan Usia (Keseimbangan Dinamis)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean	
Pair 1	Pretest Usia 60-63 tahun TUG	15.9800	3	.99136	.57236
	Posttest Usia 60-63 tahun TUG	8.6433	3	.58449	.33746
Pair 2	Pretest Usia 64-67 tahun TUG	15.8217	6	1.36284	.55638
	Posttest Usia 64 -67 tahun TUG	9.2333	6	.65246	.26637
Pair 3	Pretest Usia 68-70 tahun TUG	15.4700	5	2.12179	.94889
	Posttest Usia 68-70 tahun TUG	9.3060	5	.83927	.37533

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1	Pretest Usia 60-63 tahun TUG - Posttest Usia 60-63 tahun TUG	8.38247	30.185	2	.001
Pair 2	Pretest Usia 64-67 tahun TUG - Posttest Usia 64 -67 tahun TUG	8.46033	9.047	5	.000
Pair 3	Pretest Usia 68-70 tahun TUG - Posttest Usia 68-70 tahun TUG	8.99800	6.039	4	.004

d. Berdasarkan Jenis Kelamin (Kekuatan Otot)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Prepost Laki Laki tahun 30CST 1	9.0000	2	2.82843	2.00000
Postest Laki Laki tahun 30CST 1	14.5000	2	4.94975	3.50000
Pair 2 Pretest Perempuan tahun 30CST 1	8.6875	16	1.01448	.25362
Postest Perempuan tahun 30CST 1	14.1250	16	2.12525	.53131

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1 Prepost Laki Laki tahun 30CST 1 - Postest Laki Laki tahun 30CST 1	13.55931	-3.667	1	.017	
Pair 2 Pretest Perempuan tahun 30CST 1 - Postest Perempuan tahun 30CST 1	-4.73680	-16.540	15	.000	

e. Berdasarkan Jenis Kelamin (Panjang Langkah)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Prepost Laki Laki tahun PL 1	.5250	2	.06364	.04500
Postest Laki Laki tahun PL 1	.5800	2	.08485	.06000

Pair 2	Pretest Perempuan tahun PL 1	.5706	16	.07479	.01870
	Posttest Perempuan tahun PL 1	.6769	16	.08852	.02213

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1	Prepost Laki Laki tahun PL 1 - Posttest Laki Laki tahun PL 1	.13559	-3.667	1	.000
Pair 2	Pretest Perempuan tahun PL 1 - Posttest Perempuan tahun PL 1	-.09119	-15.042	15	.000

f. Berdasarkan Jenis Kelamin (Keseimbangan Dinamis)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean	
Pair 1	Prepost Laki Laki tahun TUG 1	14.8050	2	.72832	.51500
	Posttest Laki Laki tahun TUG 1	8.7350	2	.40305	.28500
Pair 2	Pretest Perempuan tahun TUG 1	15.6725	16	1.61918	.40479
	Posttest Perempuan tahun TUG 1	9.2969	16	.80475	.20119

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)
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		95% Confidence Interval of the Difference			
		Upper			
Pair 1	Prepost Laki Laki tahun TUG 1 - Posttest Laki Laki tahun TUG 1	16.23496	7.587	1	.038
Pair 2	Pretest Perempuan tahun TUG 1 - Posttest Perempuan tahun TUG 1	7.20511	16.383	15	.000

g. Berdasarkan Lama Menderita OA (Kekuatan Otot)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 LamaOA Kurangdari 1 pretest 30CST 1	9.0000	14	1.17670	.31449
LamaOA Kurangdari 1 posttest 30CST 1	14.9286	14	2.01778	.53927
Pair 2 LamaOA Lebihdari 3 pretest 30CST 1	7.7500	4	.50000	.25000
LamaOA Lebihdari 3 posttest 30CST 1	11.5000	4	1.00000	.50000

Paired Samples Test

		Paired Differences			
		95% Confidence Interval of the Difference			
		Upper	t	df	Sig. (2-tailed)
Pair 1	LamaOA Kurangdari 1 pretest 30CST 1 - LamaOA Kurangdari 1 posttest 30CST 1	-5.35278	-22.244	13	.000

Pair 2	LamaOA Lebihdari 3 pretest 30CST 1 - LamaOA Lebihdari 3 posttest 30CST 1	-2.22652	-7.833	3	.004
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h. Berdasarkan Lama Menderita OA (Panjang Langkah)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 LamaOA Kurangdari 3 pretest PL 1	.5900	14	.06000	.01604
LamaOA Kurangdari 3 posttest PL 1	.6971	14	.07415	.01982
Pair 2 LamaOA Lebihdari 3 pretest PL1	.4800	4	.04899	.02449
LamaOA Lebihdari 3 posttest PL 1	.5575	4	.05560	.02780

Paired Samples Test

	Paired Differences	t	df	Sig. (2-tailed)	
					95% Confidence Interval of the Difference
					Upper
Pair 1 LamaOA Kurangdari 1 pretest PL 1 - LamaOA Kurangdari 3 posttest PL 1	-.09028	-13.728	13	.000	
Pair 2 LamaOA Lebihdari 3 pretest PL1 - LamaOA Lebihdari 3 posttest PL 1	-.02493	-4.691	3	.018	

i. Berdasarkan Lama Menderita OA (Keseimbangan Dinamis)

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 LamaOA Kurangdari 3 pretest TUG1	16.0893	14	1.33584	.35702

	LamaOA Kurangdari 3 posttest TUG 1	9.1964	14	.85734	.22914
Pair 2	LamaOA Lebihdari 3 pretest TUG1	13.7800	4	.68445	.34222
	LamaOA Lebihdari 3 posttest TUG 1	9.3675	4	.51364	.25682

Paired Samples Test

		Paired Differences			
		95% Confidence Interval of the Difference			
		Upper	t	df	Sig. (2-tailed)
Pair 1	LamaOA Kurangdari 3 pretest TUG1 - LamaOA Kurangdari 3 posttest TUG 1	7.51487	23.940	13	.000
Pair 2	LamaOA Lebihdari 3 pretest TUG1 - LamaOA Lebihdari 3 posttest TUG 1	6.14746	8.094	3	.004

Kelompok Perlakuan Kedua (OE)

a. Berdasarkan Usia (Kekuatan Otot)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	PretestUsia 60-63 tahun 30CST 2	10.3333	3	.57735	.33333
	Posttest Usia 60-63 tahun 30CST 2	17.3333	3	2.51661	1.45297
Pair 2	Pretest Usia 64-67 tahun 30CST 2	9.4000	10	1.42984	.45216
	Posttest Usia 64-67 tahun 30CST 2	13.8000	10	3.32666	1.05198
Pair 3	Pretest Usia 68-70 tahun 30CST 2	6.4000	5	.89443	.40000

Posttest Usia 68-70 tahun 30CST 2	11.2000	5	2.16795	.96954
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Paired Samples Test

		Paired Differences			
		95% Confidence Interval of the Difference			
		Upper	t	df	Sig. (2-tailed)
Pair 1	PretestUsia 60-63 tahun 30CST 2 - Posttest Usia 60-63 tahun 30CST 2	-2.03172	-6.062	2	.026
Pair 2	Pretest Usia 64-67 tahun 30CST 2 - Posttest Usia 64-67 tahun 30CST 2	-2.05879	-4.251	9	.002
Pair 3	Pretest Usia 68-70 tahun 30CST 2 - Posttest Usia 68-70 tahun 30CST 2	-3.18107	-8.232	4	.001

b. Berdasarkan Usia (Panjang Langkah)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest Usia 60-63 tahun PL 2	.6100	3	.06083	.03512
	Posttest Usia 60-63 tahun PL 2	.7500	3	.06245	.03606
Pair 2	Pretest Usia 64-67 tahun PL 2	.5910	10	.11357	.03592
	Posttest Usia 64-67 tahun PL 2	.7140	10	.12002	.03795
Pair 3	Pretest Usia 68-70 tahun PL 2	.4900	5	.18330	.08198
	Posttest Usia 68-70 tahun PL 2	.5700	5	.17349	.07759

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	Pretest Usia 60-63 tahun PL 2 - Posttest Usia 60-63 tahun PL 2	-.11516	-24.249	2	.002
Pair 2	Pretest Usia 64-67 tahun PL 2 - Posttest Usia 64-67 tahun PL 2	-.09438	-9.721	9	.000
Pair 3	Pretest Usia 68-70 tahun PL 2 - Posttest Usia 68-70 tahun PL 2	-.05517	-8.944	4	.001

c. Berdasarkan Usia (Keseimbangan Dinamis)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest Usia 60-63 tahun TUG 2	16.9467	3	.32316	.18658
	Posttest Usia 60-63 tahun TUG 2	11.2300	3	.22650	.13077
Pair 2	Pretest Usia 64-67 tahun TUG 2	14.6120	10	1.02129	.32296
	Posttest Usia 64 -67 tahun TUG 2	9.8490	10	.84979	.26873
Pair 3	Pretest Usia 68-70 tahun TUG 2	13.9500	5	.56263	.25161
	Posttest Usia 68-70 tahun TUG 2	10.3500	5	.80852	.36158

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	Pretest Usia 60-63 tahun TUG 2 - Posttest Usia 60-63 tahun TUG 2	6.10177	63.870	2	.000
Pair 2	Pretest Usia 64-67 tahun TUG 2 - Posttest Usia 64 -67 tahun TUG 2	5.61541	12.640	9	.000
Pair 3	Pretest Usia 68-70 tahun TUG 2 - Posttest Usia 68-70 tahun TUG 2	4.41870	12.209	4	.000

d. Berdasarkan Jenis kelamin (Kekuatan Otot)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Prepost Laki Laki tahun 30CST 2	7.7143	7	1.88982	.71429
	Posttest Laki Laki tahun 30CST 2	12.7143	7	3.63842	1.37519
Pair 2	Pretest Perempuan tahun 30CST 2	9.3636	11	1.68954	.50942
	Posttest Perempuan tahun 30CST 2	14.2727	11	3.34936	1.00987

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			

Pair 1	Prepost Laki Laki tahun 30CST 2 - Postest Laki Laki tahun 30CST 2	-3.15031	-6.614	6	.001
Pair 2	Pretest Perempuan tahun 30CST 2 - Postest Perempuan tahun 30CST 2	-2.75396	-5.075	10	.000

e. Berdasarkan Jenis Kelamin (Panjang Langkah)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Prepost Laki Laki PL 2	.5171	7	.13175	.04980
	Postest Laki Laki PL 2	.6057	7	.14650	.05537
Pair 2	Pretest Perempuan PL 2	.5973	11	.12931	.03899
	Postest Perempuan PL 2	.7273	11	.12354	.03725

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	Prepost Laki Laki PL 2 - Postest Laki Laki PL 2	-.05864	-7.240	6	.000
Pair 2	Pretest Perempuan PL 2 - Postest Perempuan PL 2	-.10752	-12.883	10	.000

f. Berdasarkan Jenis Kelamin (Keseimbangan Dinamis)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest Perempuan TUG 2	15.2109	11	1.00430	.30281
	Posttest Perempuan TUG 2	10.1109	11	.92742	.27963
Pair 2	Posttest Laki Laki TUG 2	10.3871	7	.89539	.33843
	Prepost Laki Laki 30CST 2	7.7143	7	1.88982	.71429

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	Pretest Perempuan TUG 2 - Posttest Perempuan TUG 2	5.63777	21.131	10	.000
Pair 2	Posttest Laki Laki TUG 2 - Prepost Laki Laki 30CST 2	4.59846	3.396	6	.015

g. Berdasarkan Lama Mendarita OA (Kekuatan Otot)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	LamaOA Kurangdari 3 pretest 30CST 2	9.7500	12	1.28806	.37183
	LamaOA Kurangdari 3 posttest 30CST 2	15.1667	12	3.27062	.94415
Pair 2	LamaOA Lebihdari 3 pretest 30CST 2	6.6667	6	1.03280	.42164
	LamaOA Lebihdari 3 posttest 30CST 2	10.6667	6	.81650	.33333

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	LamaOA Kurangdari 3 pretest 30CST 2 - LamaOA Kurangdari 3 posttest 30CST 2	-3.34525	-5.755	11	.000
Pair 2	LamaOA Lebihdari 3 pretest 30CST 2 - LamaOA Lebihdari 3 posttest 30CST 2	-3.33628	-15.492	5	.000

h. Berdasarkan Lama Mendarita OA (Panjang Langkah)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	LamaOA Kurangdari 3 pretest PL 2	.6267	12	.10874	.03139
	LamaOA Kurangdari 3 posttest PL 2	.7542	12	.09577	.02765
Pair 2	LamaOA Lebihdari 3 pretest PL 2	.4450	6	.08573	.03500
	LamaOA Lebihdari 3 posttest PL 2	.5317	6	.09559	.03902

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			

Pair 1	LamaOA Kurangdari 3 pretest PL 2 - LamaOA Kurangdari 3 posttest PL 2	-.10386	-11.872	11	.000
Pair 2	LamaOA Lebihdari 3 pretest PL 2 - LamaOA Lebihdari 3 posttest PL 2	-.06125	-8.765	5	.000

i. Berdasarkan Lama Mendarita OA (Keseimbangan Dinamis)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	LamaOA Kurangdari 3 pretest TUG 2	15.3833	12	1.10691	.31954
	LamaOA Kurangdari 3 posttest TUG 2	10.1717	12	.98574	.28456
Pair 2	LamaOA Lebihdari 3 pretest TUG 2	13.6850	6	.85236	.34797
	LamaOA Lebihdari 3 posttest TUG 2	10.3117	6	.77083	.31469

Paired Samples Test

		Paired Differences	t	df	Sig. (2-tailed)
		95% Confidence Interval of the Difference			
		Upper			
Pair 1	LamaOA Kurangdari 3 pretest TUG 2 - LamaOA Kurangdari 3 posttest TUG 2	5.66581	25.258	11	.000
Pair 2	LamaOA Lebihdari 3 pretest TUG 2 - LamaOA Lebihdari 3 posttest TUG 2	4.36167	8.774	5	.000

5. Uji Homogenitas
(Kelompok SSE dan Kelompok OE)

Descriptives

Kelompok Perlakuan			Statistic	Std. Error	
Posttest 30 SCT	Kelompok 1	Mean	14.1667	.54981	
		95% Confidence Interval for Mean	Lower Bound	13.0067	
			Upper Bound	15.3267	
		5% Trimmed Mean	14.1296		
		Median	14.0000		
		Variance	5.441		
		Std. Deviation	2.33263		
		Minimum	11.00		
		Maximum	18.00		
		Range	7.00		
		Interquartile Range	4.25		
		Skewness	.118	.536	
		Kurtosis	-1.363	1.038	
		Kelompok 2	Mean	13.6667	.81248
			95% Confidence Interval for Mean	Lower Bound	11.9525
Upper Bound	15.3809				
5% Trimmed Mean	13.7407				

	Median		15.0000	
	Variance		11.882	
	Std. Deviation		3.44708	
	Minimum		6.00	
	Maximum		20.00	
	Range		14.00	
	Interquartile Range		4.75	
	Skewness		-.419	.536
	Kurtosis		.013	1.038
Posttest Panjang langkah	Kelompok 1	Mean	.6661	.02150
		95% Confidence Interval for Mean	Lower Bound	.6208
			Upper Bound	.7115
		5% Trimmed Mean	.6679	
		Median	.6650	
		Variance	.008	
		Std. Deviation	.09121	
		Minimum	.50	
		Maximum	.80	
		Range	.30	
		Interquartile Range	.15	
		Skewness	-.268	.536
		Kurtosis	-.790	1.038
		Kelompok 2	Mean	.6800
95% Confidence Interval for Mean	Lower Bound		.6092	
	Upper Bound		.7508	

		5% Trimmed Mean	.6822	
		Median	.7100	
		Variance	.020	
		Std. Deviation	.14237	
		Minimum	.38	
		Maximum	.94	
		Range	.56	
		Interquartile Range	.22	
		Skewness	-.304	.536
		Kurtosis	-.228	1.038
Posttest TUG	Kelompok 1	Mean	9.2344	.18469
		95% Confidence Interval for Mean	Lower Bound 8.8448	
			Upper Bound 9.6241	
		5% Trimmed Mean	9.2272	
		Median	9.2000	
		Variance	.614	
		Std. Deviation	.78358	
		Minimum	8.14	
		Maximum	10.46	
		Range	2.32	
		Interquartile Range	1.71	
		Skewness	.131	.536

	Kurtosis		-1.091	1.038
Kelompok 2	Mean		10.2183	.21188
	95% Confidence Interval for Mean	Lower Bound	9.7713	
		Upper Bound	10.6654	
	5% Trimmed Mean		10.2304	
	Median		10.2300	
	Variance		.808	
	Std. Deviation		.89895	
	Minimum		8.57	
	Maximum		11.65	
	Range		3.08	
	Interquartile Range		1.59	
	Skewness		.007	.536
	Kurtosis		-.823	1.038

Test of Homogeneity of Variance

		Sig.
Posttest 30 SCT	Based on Mean	.093
	Based on Median	.375
	Based on Median and with adjusted df	.378
	Based on trimmed mean	.101
Posttest Panjang langkah	Based on Mean	.083
	Based on Median	.128
	Based on Median and with adjusted df	.131
	Based on trimmed mean	.086

Posttest TUG	Based on Mean	.605
	Based on Median	.592
	Based on Median and with adjusted df	.592
	Based on trimmed mean	.602

6. Uji Perbedaan Pengaruh Kelompok SSE dan Kelompok OE

Group Statistics

	Kelompok Perlakuan	N	Mean	Std. Deviation
Selisih 30CST	1.00	18	5.4444	1.33823
	2.00	18	4.9444	2.73264
Selisih Pajang Langkah	1.00	18	.1139	.03822
	2.00	18	.1006	.03171
Selisih TUG	1.00	18	-6.3417	1.49103
	2.00	18	-4.5989	1.17755

Independent Samples Test

		t-test for Equality of Means		
		df	Sig. (2-tailed)	Mean Difference
Selisih 30CST	Equal variances assumed	34	.490	.05556
	Equal variances not assumed	32.873	.490	.05556

Selisih Pajang Langkah	Equal variances assumed	34	.263	-.01333
	Equal variances not assumed	32.881	.263	-.01333
Selisih TUG	Equal variances assumed	34	.000	1.74278
	Equal variances not assumed	32.267	.000	1.74278

Lampiran 5. Dokumentasi



Lampiran 6. Biodata Peneliti

BIODATA PENELITIAN



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Nama orang tua
Ayah : La Ngkaemi
Ibu : Wa Maali

Pendidikan Formal :

1. SD Negeri 22 Katobu, lulusan tahun 2008
2. SMP Negeri 1 Raha, lulusan tahun 2011
3. SMA Negeri 2 Raha, lulusan tahun 2014
4. Prodi D. IV jurusan Fisioterapi Politeknik Kesehatan Kementerian Kesehatan Makassar, lulusan tahun 2019
5. S2 Biomedik Fisiologi Universitas Hasanuddin