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LAMPIRAN

Lampiran 1. *Informed Consent*

INFORMED CONSENT

Yang bertanda tangan dibawah ini

Nama : Yulinar Anwar

Nim : C13115302

Saya mahasiswa Program Studi Fisioterapi, Fakultas Keperawatan, Universitas Hasanuddin, bermaksud melakukan penelitian mengenai “Pengaruh *Dual-Task Training (Motor-Cognitive)* terhadap Keseimbangan Dinamis pada Anak Usia Sekolah”. Penelitian ini dilakukan sebagai tahap akhir dalam menyelesaikan kuliah di Program Studi Fisioterapi, Fakultas Keperawatan, Universitas Hasanuddin. Identitas semua responden dan informasi yang diperoleh dalam penelitian ini akan dijamin kerahasiaannya dan menjadi tanggung jawab saya sebagai peneliti apabila informasi yang diberikan dapat merugikan responden maupun tempat penelitian di kemudian hari. Semua aspek dalam penelitian ini akan didiskusikan dengan ahlinya di Program Studi Fisioterapi, Fakultas Keperawatan, Universitas Hasanuddin.

Prosedur penelitian ini adalah, mengadakan persetujuan dengan calon responden, kemudian menandatangani lembar persetujuan. Responden akan mendapatkan pemberian *Dual-Task Training (Motor-Cognitive)*, yaitu responden diberikan latihan sebanyak 12 kali perlakuan selama penelitian berlangsung. Jika terjadi efek samping, peneliti bersedia menanggung segala risiko/konsekuensi akibat pemberian latihan ini.

Informasi yang diperoleh dalam penelitian ini merupakan bahan atau data yang akan bermanfaat bagi pengembangan ilmu Fisioterapi dan akan dipublikasikan dalam bentuk skripsi. Atas kesediaan dan kerjasama Bapak/Ibu, saya ucapkan terima kasih.

Makassar, 18 Februari 2019

Yulinar Anwar



Lampiran 2. Surat Pernyataan Kesiediaan Menjadi Responden

dahlan

SURAT PERNYATAAN KESEDIAAN MENJADI RESPONDEN

Yang bertanda tangan dibawah ini

Nama : Zarkiyah Tharir, S.Pd.I

Umur : 42 Tahun

Jenis Kelamin : Perempuan

Selaku kepala sekolah SD Inpres Kera-Kera kota Makassar menyatakan bahwa siswa kami bersedia menjadi responden dalam penelitian yang dilakukan oleh Yulinar Anwar dengan judul “Pengaruh *Dual-Task Training (Motor-Cognitive)* terhadap Keseimbangan Dinamis pada Anak Usia Sekolah”.

Demikian surat pernyataan kesediaan ini saya buat dengan penuh rasa kesadaran dan sukarela.

Makassar, 18 Februari 2019
Yang membuat pernyataan,

Zarkiyah Tharir, S.Pd.I
NIP. 19761226 200502 2 003



Lampiran 3. Formulir Identitas Responden**FORMULIR PENELITIAN****A. Identitas Responden**

1. Kode Responden : 01
2. Nama : SA
3. Jenis Kelamin : Laki-Laki
4. Tempat, Tanggal Lahir : Makassar, 21 Oktober 2007
5. Agama : Islam
6. Umur : 11 tahun
7. Alamat : Kera-Kera
8. No. Telepon Orang Tua/Wali :

B. Pemeriksaan

1. *Flat Foot* : () Ya (√) Tidak
2. Keseimbangan : (√) Ya () Tidak
3. Berat Badan : 27,9 kg
4. Tinggi Badan : 130 cm
5. IMT : -1 SD (Normal)



Lampiran 4. Blanko Hasil Pengukuran Keseimbangan Dinamis

Blanko Hasil Pengukuran Keseimbangan Dinamis pada Anak Usia Sekolah
dengan *Balance Beam Walking Test*

Nama responden (Kode)	Jenis Kelamin	<i>Pre Test</i>	<i>Post test 1</i>	<i>Post test 2</i>	<i>Post test 3</i>	<i>Post test 4</i>

Keterangan :

- 5 = Mampu melewati *balance beam* dengan keseimbangan sempurna dalam 6 detik.
- 4 = Mampu melewati *balance beam* dengan agak goyah/tidak stabil dalam 6 detik.
- 3 = Mampu melewati *balance beam* dengan berhenti lebih dari satu kali atau lebih dan membutuhkan memakan waktu lebih dari 6 detik.
- 2 = Mampu melewati *balance beam* dengan sangat tidak stabil, hampir jatuh, berhenti lebih dari satu kali atau lebih, dan / atau memakan waktu lebih dari 6 detik.

1 = Mampu melewati *balance beam* dengan sangat tidak stabil, hampir jatuh, berjun dari balok sebelum menyelesaikan perjalanan.

0 = Mampu melewati *balance beam* dengan sangat tidak stabil, berjun dari balok segera.



Lampiran 5. Hasil Pengolahan Data Statistik

Hasil Pengolahan Data Statistik

A. Karakteristik Responden

Statistics

Jenis Kelamin

N	Valid	30
	Missing	0

Jenis Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	laki-laki	12	40.0	40.0	40.0
	perempuan	18	60.0	60.0	100.0
	Total	30	100.0	100.0	

Statistics

Usia

N	Valid	30
	Missing	0

Usia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10	15	50.0	50.0	50.0
	11	15	50.0	50.0	100.0
	Total	30	100.0	100.0	

B. Distribusi Sampel Berdasarkan Keseimbangan Dinamis

Statistics

		Pre test	Post test 1	Post test 2	Post test 3	Post test 4
N	Valid	30	30	30	30	30
	Missing	0	0	0	0	0



Frequency Table

Pre test

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	kurang	4	13.3	13.3	13.3
	cukup	23	76.7	76.7	90.0
	baik	3	10.0	10.0	100.0
	Total	30	100.0	100.0	

Post test 1

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Kurang	4	13.3	13.3	13.3
	Cukup	23	76.7	76.7	90.0
	Baik	3	10.0	10.0	100.0
	Total	30	100.0	100.0	

Post test 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Kurang	4	13.3	13.3	13.3
	Cukup	23	76.7	76.7	90.0
	Baik	3	10.0	10.0	100.0
	Total	30	100.0	100.0	

Post test 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Kurang	2	6.7	6.7	6.7
	Cukup	18	60.0	60.0	66.7
	Baik	10	33.3	33.3	100.0
	Total	30	100.0	100.0	



Post test 4

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Kurang	1	3.3	3.3	3.3
Cukup	9	30.0	30.0	33.3
Baik	20	66.7	66.7	100.0
Total	30	100.0	100.0	

C. Uji Normalitas *Pre Test-Post Test* Keseimbangan Dinamis**Tests of Normality**

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
Pre test	.394	30	.000	.664	30	.000
Post test 1	.394	30	.000	.664	30	.000
Post test 2	.394	30	.000	.664	30	.000
Post test 3	.343	30	.000	.745	30	.000
Post test 4	.412	30	.000	.648	30	.000

a. Lilliefors Significance Correction

D. Uji Hipotesis Keseimbangan Dinamis**Friedman Test****Ranks**

	Mean Rank
Pre test	2.50
Post test 1	2.50
Post test 2	2.50
Post test 3	3.25
Post test 4	4.25

Test Statistics^a

N	30
Chi-Square	67.059
df	4
Asymp. Sig.	.000

Friedman Test



Wilcoxon Signed Ranks Test

Ranks

		N	Mean Rank	Sum of Ranks
Post test 1 - Pre test	Negative Ranks	0 ^a	.00	.00
	Positive Ranks	0 ^b	.00	.00
	Ties	30 ^c		
	Total	30		
Post test 2 - Post test 1	Negative Ranks	0 ^d	.00	.00
	Positive Ranks	0 ^e	.00	.00
	Ties	30 ^f		
	Total	30		
Post test 3 - Post test 2	Negative Ranks	0 ^g	.00	.00
	Positive Ranks	9 ^h	5.00	45.00
	Ties	21 ⁱ		
	Total	30		
Post test 4 - Post test 3	Negative Ranks	0 ^j	.00	.00
	Positive Ranks	12 ^k	6.50	78.00
	Ties	18 ^l		
	Total	30		

- a. Post test 1 < Pre test
- b. Post test 1 > Pre test
- c. Post test 1 = Pre test
- d. Post test 2 < Post test 1
- e. Post test 2 > Post test 1
- f. Post test 2 = Post test 1
- g. Post test 3 < Post test 2
- h. Post test 3 > Post test 2
- i. Post test 3 = Post test 2
- j. Post test 4 < Post test 3
- k. Post test 4 > Post test 3
- l. Post test 4 = Post test 3



Test Statistics^a

	Post test 1 - Pre test	Post test 2 - Post test 1	Post test 3 - Post test 2	Post test 4 - Post test 3
Z	.000 ^b	.000 ^b	-3.000 ^c	-3.464 ^c
Asymp. Sig. (2-tailed)	1.000	1.000	.003	.001

- a. Wilcoxon Signed Ranks Test
- b. The sum of negative ranks equals the sum of positive ranks.
- c. Based on negative ranks.



Lampiran 6. Surat Permohonan Izin Melakukan Penelitian



KEMENTERIAN RISET, TEKNOLOGI DAN PENDIDIKAN TINGGI
UNIVERSITAS HASANUDDIN
FAKULTAS KEPERAWATAN
JL. PERINTIS KEMERDEKAAN KAMPUS TAMALANREA KM. 10 MAKASSAR 90245
TTL P : 0411-5780104 FAX. 0411 - 586297

Makassar, 13 Februari 2019

No : 899/U N4.18.8/PL.00.00/2019
Lamp :-
Hal : *Permohonan izin Melakukan Penelitian*

Kepada
Yth : Kepala SD Inpres Kera-Kera Kota Makassar
di - Makassar

Dengan hormat, Dalam rangka penyelesaian tugas akhir (skripsi) mahasiswa program studi Fisioterapi Fakultas Keperawatan Universitas Hasamuddin, maka dengan ini dimohon bantuan Bapak/Ibu dapat mengizinkan Mahasiswa kami dalam melakukan Penelitian seperti tersebut dibawah ini:

Nama : Yulinar Anwar
NIM : C13115302
Judul Penelitian : "Pengaruh Dual-Task Training (Motor-Cognitive) Terhadap Peningkatan Keseimbangan Dinamis pada Anak Usia Sekolah"
Lokasi Penelitian : SD Inpres Kera-Kera Kota Makassar

Demikian penyampaian kami, atas perhatian dan kerja sama yang baik diucapkan terima kasih.



Dr.H.Djohan Aras, S.Ft, Physio, M.Kes
NIP.19550705 1976



Lampiran 7. Surat Keterangan Telah Meneliti



PEMERINTAH KOTA MAKASSAR
DINAS PENDIDIKAN KOTA MAKASSAR
SEKOLAH DASAR INPRES KERA-KERA
NSS : 101196014010 NPSN : 40307582
Alamat/Tlp : Jl. Perintis Kemerdekaan No. 49 Makassar



SURAT KETERANGAN

Nomor : 421.2/09/SD.KR/IV/2019

Yang bertanda tangan di bawah ini, Kepala SD Inpres Kera-Kera Makassar menerangkan bahwa:

Nama : Yulinar Anwar
NIM : C131 15 302
Program Studi : Fisioterapi
Fakultas : Keperawatan
Universitas : Universitas Hasanuddin

Benar yang bersangkutan telah melaksanakan penelitian pada tanggal 18 Februari - 23 Maret 2019 di SD Inpres Kera-Kera Makassar dalam rangka penyusunan Skripsi dengan judul:

“PENGARUH *DUAL-TASK TRAINING (MOTOR COGNITIVE)* TERHADAP KESEIMBANGAN DINAMIS PADA ANAK USIA SEKOLAH“

Demikian surat keterangan ini dibuat dan diberikan kepada yang bersangkutan untuk dipergunakan sebagaimana mestinya

Makassar, 8 April 2019
Kepala Sekolah

Zarkiyah Thahir, S.Pd.I
SPENDY 226 200502 2 003



Lampiran 8. Dokumentasi Penelitian



Balance Beam Walking Test



*Dual-task training
(motor-cognitive) Minggu ke-1*



*Dual-task training
(motor-cognitive) Minggu ke-2*



*Dual-task training
(motor-cognitive) Minggu ke-3*



*Dual-task training
(motor-cognitive) Minggu ke-4*

Lampiran 9. Riwayat Hidup Peneliti

RIWAYAT HIDUP PENELITI

Nama : Yulinar Anwar

Tempat/Tanggal Lahir : Palattae, 6 Juli 1996

Jenis Kelamin : Perempuan

Agama : Islam

Email : yulinaranwar06@gmail.com

Alamat Asal : Jl.Sudirman No.24 Kel.Palattar Kec.Kahu Kab.Bone

Alamat Sekarang : Jl.dg.ramang, Makassar

Nama Ayah : Anwar Wahab

Nama Ibu : Hj.Hasmi



Riwayat Pendidikan :

1. (2002-2008) SDN 277 Palattae
2. (2008-2011) SMP Negeri 1 Kahu
3. (2011-2014) SMAN 1 Kahu
4. (2015-2019) Program Studi S1 Fisioterapi Fakultas Keperawatan Universitas Hasanuddin

Riwayat Organisasi :

1. (2016-2017) Anggota Majelis Permusyawaratan Mahasiswa Himafisio F.Kep-UH.
2. (2016-2017) Anggota Departemen Kajian Strategi, Advokasi, dan Keilmuan Ikatan Mahasiswa Fisioterapi (IMFI) Wilayah V.
3. (2017-2018) Sekretaris Umum Himpunan Mahasiswa Fisioterapi Fakultas Keperawatan Universitas Hasanuddin (Himafisio F.Kep-UH).
4. (2018-2019) Koordinator Divisi Eksternal, Kajian Strategi dan Advokasi BEM Kema F.Kep-UH.

