

ABSTRAK

Kelemahan otot penderita stroke akan mempengaruhi kontraksi otot. Kontraksi otot dikarenakan berkurangnya suplai darah ke otak, sehingga menghambat syaraf-syaraf utama otak dan medula spinalis. Terhambatnya oksigen dan nutrisi ke otak menimbulkan masalah kesehatan yang serius karena bisa menimbulkan hemiparese bahkan kematian. Terjadinya gangguan tingkat mobilisasi fisik pasien sering di sebabkan suatu gerakan dalam bentuk tirah baring. Dampak dari suatu melemahnya keadaan otot yang berhubungan dengan kurangnya aktifitas fisik biasanya tampak dalam beberapa hari. Kontrol otak untuk mengatur gerak otot mengalami suatu penurunan fungsi yang mengakibatkan masa otot berkurang. Tujuan umum penelitian ini adalah untuk dapat memahami tentang Efektifitas ROM (Range Of Motion) Terhadap Kekuatan Otot Pada Pasien Stroke di Rumah Sakit Royal Prima Medan Tahun 2021. Jenis Penelitian yang digunakan adalah penelitian eksperimen semu. Dimana peneliti ingin mengetahui sejauh mana Efektivitas ROM (Range Of Motion) Terhadap Kekuatan Otot Pada Pasien Stroke di Rumah Sakit Umum Royal Prima Medan 2021. sebelum dilakukan latihan ROM (Range Of Motion) didapatkan mayoritas kekuatan responden pada skala 3 sebanyak (67,9%) dan minoritas kekuatan otot pada skala 4 sebanyak (10,7%). Sedangkan sesudah dilakukan latihan ROM (Range Of Motion) didapatkan peningkatan kekuatan otot dimana mayoritas kekuatan otot pada skala 4 sebanyak (45,5) dan minoritas kekuatan otot pasien pada skala 5 sebanyak (30,0%). Demikian hasil analisa data menggunakan uji normalitas data diketahui nilai sig untuk nilai pretest sebesar 0,002 dan nilai posttest 0,007 dan uji *Wilcoxon* dimana didapat nilai *p value* 0,004 atau $< 0,05$ dengan nilai *z* tabel 2,887. Maka H_0 ditolak dan H_a diterima yang berarti terdapat Efektivitas ROM (Range Of Motion) Terhadap Kekuatan Otot Pada Pasien Stroke di Rumah Sakit Umum Royal Prima Medan Tahun 2021. Kesimpulannya yaitu mempunyai efektifitas latihan ROM terhadap kekuatan otot pada pasien stroke di Rumah Sakit Umum Royal Prima Medan Tahun 2021. Bagi penderita Stroke agar lebih sering latihan ROM dan manfaat untuk meningkatkan kekuatan otot pada pasien stroke.

Kata kunci : Latihan ROM, Kekuatan otot Pasien Stroke

ABSTRACT

Muscle weakness in stroke patients will affect muscle contraction. Muscle contraction due to reduced blood supply to the brain, thereby blocking the main nerves of the brain and spinal cord. The inhibition of oxygen and nutrients to the brain causes serious health problems because it can cause hemiparesis and even death. The occurrence of disturbances in the level of physical mobilization of the patient is often caused by a movement in the form of bed rest. The effects of a weakened muscle condition associated with a lack of physical activity usually appear within a few days. Control of the brain to regulate muscle movement has decreased function resulting in reduced muscle mass. The general purpose of this study is to understand the effectiveness of ROM (Range Of Motion) on Muscle Strength in Stroke Patients at Royal Prima Hospital Medan in 2021. The type of research used is a quasi-experimental study. Where researchers want to know the extent to which the effectiveness of ROM (Range Of Motion) on Muscle Strength in Stroke Patients at Royal Prima General Hospital Medan 2021. Prior to ROM (Range Of Motion) exercise, the majority of respondents' strength on a scale of 3 was (67.9%) and the minority of muscle strength on a scale of 4 (10,7%). Meanwhile, after doing ROM (Range Of Motion) exercise, it was found an increase in muscle strength where the majority of muscle strength on a scale of 4 was (45.5) and the minority of the patient's muscle strength was on a scale of 5 (30.0%). Thus the results of data analysis using the data normality test, it is known that the sig value for the pretest value is 0.002 and the posttest value is 0.007 and the Wilcoxon test where the p value is 0.004 or <0.05 with a z-table value of 2.887. Then H_0 is rejected and H_a is accepted which means that there is an Effectiveness of ROM (Range Of Motion) Against Muscle Strength in Stroke Patients at the Royal Prima General Hospital Medan in 2021. The conclusion is that it has the effectiveness of ROM exercises on muscle strength in stroke patients at the Royal Prima General Hospital. Medan in 2021. For stroke sufferers, ROM exercises are more frequent and the benefits are to increase muscle strength in stroke patients.

Keywords: ROM Exercise, Muscle Strength in Stroke Patients

