

ABSTRAK

EFEKTIVITAS ACTIVE ASSISTIVE RANGE OF MOTION (AAROM) TERHADAP KEKUATAN OTOT EKSTREMITAS ATAS PADA PASIEN STROKE NON HEMORAGIK DI RUMAH SAKIT UMUM ROYAL PRIMA MEDAN

Stroke merupakan penyakit utama yang mempengaruhi jutaan orang di dunia, di mana penyebab utamanya kecacatan kronis yang mempengaruhi 50% dari penderita stroke. Stroke terjadi ketika gumpalan darah atau lemak/plak menghalangi suplai darah ke bagian otak maupun ketika pembuluh darah di otak pecah, dalam kasus ini bagian otak dapat menjadi rusak dan mati. Stroke bisa mengakibatkan kerusakan otak yang berkepanjangan, kecacatan panjang, atau bahkan kematian. Studi kasus ini bertujuan untuk memberikan terapi olahraga pada pasien stroke non hemoragik. Latihan terapi ini merupakan salah satu cara untuk mempercepat pasien sembuh dari cedera dan penyakit stroke. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain penelitian pre eksperimental dengan one group pretest-posttest dengan desain yaitu kelompok dimana subjek diobservasi sebelum di lakukan intervensi , kemudian di observasi sebelum di lakukan intervensi. Uji dengan total 23 sampel responden mayoritas derajat kekuatan otot responden pada sebelum di lakukannya latihan active range of motion (AAROM) terdapat di skala 3 sebanyak 15(65.2%) responden. Responden di berikan latihan selama 6 hari. Setelah itu di lakukan pengecekan lagi serajat kekuatan otot responden, di mana mayoritas derajat kekuatan otot responden setelah dilakukannya latihan active assistive range of motion terdapat di skala 3 dan skala 4 sebanyak 9(39.1%) responden, pengaruh efektivitas latihan AAROM dapat di lihat dari hasil uji Wilcoxon yang di mana di peroleh nilai $p\text{-value} = 0.002 < 0.05$ yang di mana H_0 ditolak dan H_a diterima. Pengaruh latihan active assistive range of motion terhadap pasien stroke non hemoragik pada kekuatan otot ekstremitas atas mengalami adanya peningkatan kekuatan motorik otot ekstremitas atas.

Kata kunci : stroke non hemoragik, terapi ekstremitas atas

ABSTRACT

ACTIVE ASSISTIVE RANGE OF MOTION (AAROM) EFFECTIVENESS ON EXTREMITY MUSCLE STRENGTH ABOVE IN NON-HEMORAGIC STROKE PATIENTS AT ROYAL PRIMA MEDAN GENERAL HOSPITAL

Stroke is a major disease that affects millions of people in the world, where the main cause is chronic disability that affects 50% of stroke sufferers. A stroke occurs when a blood clot or fat/plaque blocks the blood supply to a part of the brain or when a blood vessel in the brain bursts, in this case that part of the brain can become damaged and die. Stroke can result in prolonged brain damage, long disability, or even death. This case study aims to provide exercise therapy in non-hemorrhagic stroke patients. This therapeutic exercise is one way to speed up patients recovering from injuries and strokes. This research is a quantitative study using a pre-experimental research design with one group pretest-posttest with a design that is a group where the subject is observed before the intervention, then observed before the intervention. The test with a total of 23 samples of respondents, the majority of respondents' muscle strength degrees before the active range of motion (AAROM) exercise was carried out on a scale of 3 as many as 15 (65.2%) respondents. Respondents were given training for 6 days. After that, the respondent's muscle strength was checked again, where the majority of the respondent's muscle strength degree after active assistive range of motion exercise was on a scale of 3 and scale 4 of 9 (39.1%) respondents, the effect of the effectiveness of AAROM exercise can be seen from the results Wilcoxon test where the value of $-value = 0.002 < 0.05$ is obtained where H_0 is rejected and H_a is accepted. The effect of active assistive range of motion exercise on non-hemorrhagic stroke patients on upper extremity muscle strength experienced an increase in upper extremity muscle motor strength.

Keywords: non hemorrhagic stroke, upper extremity therapy