

## ABSTRAK

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### **Gambaran Kemampuan Fungsional pada Penderita *Osteoarthritis Knee***

**Pendahuluan:** *Osteoarthritis knee* merupakan kondisi peradangan sendi yang paling umum terjadi pada manusia. *Osteoarthritis knee* berperan penting dalam mempengaruhi kemampuan fungsional penderita dalam melakukan aktivitas sehari-hari.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kemampuan fungsional pada penderita *osteoarthritis knee*.

**Metode Penelitian:** Penelitian ini menggunakan metode pendekatan deskriptif dengan jenis design *cross-sectional*. Teknik pengambilan sampel menggunakan *accidental sampling* dengan jumlah total 93 responden. Kuesioner yang digunakan dalam penelitian ini yaitu *Knee injury and Osteoarthritis Outcome Score*.

**Hasil Penelitian:** hasil penelitian didapatkan nilai minimal kemampuan fungsional 15,72 dan maksimal 82,76, nilai tengah 54,50, rata-rata kemampuan fungsional 53,95 dan standar deviasi 13,653.

**Simpulan:** Penelitian ini disimpulkan bahwa penderita *osteoarthritis knee* dengan kemampuan fungsional bermasalah.

**Saran:** Hasil penelitian ini diharapkan menjadi informasi yang dapat digunakan sebagai pandangan fisioterapi dalam Kemampuan fungsional pada penderita *Osteoarthritis Knee*.

Kata kunci : *Osteoarthritis knee*, kemampuan fungsional.

Daftar pustaka: 30 (2013-2023)

## ***ABSTRACT***

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***The Description of Functional Abilities in Osteoarthritis Knee Patients.***

***Introduction:*** Osteoarthritis of the knee is a prevalent inflammatory joint disorder observed in older adults. Osteoarthritis of the knee significantly impacts the functional capacity of individuals, hindering their ability to do routine tasks.

***Objective:*** This study aims to determine the description of functional abilities in knee osteoarthritis sufferers.

***Method:*** This research uses a descriptive approach with a cross-sectional design type. The sampling technique used accidental sampling with a total of 93 respondents. The questionnaire used in this research was Knee Injury and Osteoarthritis Outcome Score.

***Result:*** This study showed that the minimum functional ability value was 15.72, the maximum value was 82.76, the average value was 54.50, the average functional ability was 53.95, and the standard deviation was 13.653.

***Conclusion:*** This study concluded that knee osteoarthritis sufferers had problematic functional abilities.

***Suggestion:*** It is hoped that the results of this research will provide information that can be used as a physiotherapy perspective on functional abilities in sufferers of Knee Osteoarthritis.

***Key words*** : Osteoarthritis, knee, functional ability.

***Bibliographies*** : 30 (2013 – 2023).