

ABSTRAK

Septi Amanah¹, Syavira Nooryana²

Pengaruh *Ankle Strengthening Exercise* Terhadap Aktivitas Fungsional Tungkai Bawah Pada Komunitas Barber Kabupaten Pekalongan

Pendahuluan: Barber menjadi salah satu profesi yang beresiko mengalami penurunan aktivitas fungsional tungkai bawah yang disebabkan karena posisi kerja berdiri dalam waktu lama. Upaya untuk meningkatkan aktivitas fungsional dapat dilakukan dengan terapi latihan yang berupa *ankle strengthening exercise*.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh *ankle strengthening exercise* terhadap aktivitas fungsional tungkai bawah pada komunitas barber kabupaten pekalongan

Metode Penelitian: Penelitian ini dilakukan pada tanggal 1 Juli-26 Juli 2024 menggunakan desain penelitian eksperimen dengan pendekatan *quasi eksperimental one group pretest dan posttest without control group*. Jumlah sampel sebesar 37 orang dengan teknik pengambilan sampel menggunakan *accidental sampling*. Pengukuran aktivitas fungsional tungkai bawah menggunakan *FAAM* dan pemberian intervensi menggunakan *ankle strengthening exercise* dengan frekuensi 3 kali seminggu selama 4 minggu. Penelitian ini menggunakan uji *paired sample t-test*.

Hasil Penelitian: Rata-rata Nilai *FAAM* sebelum dilakukan intervensi 68.0832% sedangkan nilai *FAAM* sesudah dilakukan intervensi 87.8673% Hasil uji pengaruh menggunakan uji *paired sample t-test* di dapatkan hasil *p value* 0,000 (<0,005), yang berarti ada pengaruh *ankle strengthening exercise* terhadap aktivitas fungsional tungkai bawah pada komunitas barber kabupaten pekalongan.

Simpulan: *Ankle strengthening exercise* dapat meningkatkan aktivitas fungsional tungkai bawah pada komunitas barber kabupaten pekalongan.

Saran: *Ankle strengthening exercise* dapat menjadi referensi bagi fisioterapis untuk meningkatkan aktivitas fungsional tungkai bawah pada pekerja.

Kata kunci: Aktivitas Fungsional, Barber, *Ankle Strengthening Exercise*

Daftar Pustaka: 47 (2005-2023)

ABSTRACT

Septi Amanah¹, Syavira Nooryana²

The Effect of Ankle Strengthening Exercise on Lower Limb Functional Activity in Pekalongan Regency Barber Community

Introduction: Barber is one of the professions that is at risk of experiencing a functional decline in the lower limbs caused by prolonged standing work positions. Efforts to improve functional activity can be made with exercise therapy in the form of ankle-strengthening exercises.

Objective: This study aims to determine the effect of ankle-strengthening exercise on lower limb functional activity in the Pekalongan Regency barber community.

Research Method: This study was conducted on July 1-26, 2024 using an experimental research design with a quasi-experimental approach of one group pretest and posttest without a control group. The sample size was 37 people with the sampling technique using accidental sampling. Functional measurement of the lower limbs using FAAM and providing intervention using ankle strengthening exercise with a frequency of 3 times a week for 4 weeks. This study used a paired sample t-test.

Research Results: The average FAAM value before intervention was 68.0832% while the FAAM value after the intervention was 87.8673%. The results of the effect test using the paired sample t-test test obtained a p-value of 0.000 (<0.005), which means that there is an effect of Ankle-strengthening exercise on lower limb functional activity in the Pekalongan Regency barber community.

Conclusion: Ankle-strengthening exercise can increase lower limb functional activity in the Pekalongan Regency barber community.

Suggestion: Ankle strengthening exercise can be a reference for physiotherapists to improve lower limb functional activity in workers.

Keywords: Functional Activity, Barber, Ankle Strengthening Exercise

Bibliography: 47 (2005-2023)