



LEMBAR PENGESAHAN
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Judul : Pengaruh *Mini Squat* dan *Wall Slide Exercise* terhadap
Activity Daily Living pada Pasien *Osteoarthritis Knee* di
RSUD Kajen

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Menerangkan bahwa abstrak dengan judul di atas telah diterjemahkan ke dalam Bahasa Inggris oleh Lembaga Pengembangan Bahasa dan Kerja Sama (LPBK), Universitas Muhammadiyah Pekajangan Pekalongan.

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ABSTRAK

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Pengaruh *Mini Squat* dan *Wall Slide Exercise* terhadap *Activity Daily Living* pada Pasien *Osteoarthritis Knee* di RSUD KAJEN

Pendahuluan: *Osteoarthritis knee* adalah kondisi degeneratif progresif yang ditandai kerusakan tulang rawan sendi, pembentukan osteofit, kelemahan otot, serta gangguan fungsional yang signifikan pada aktivitas sehari-hari akibat nyeri yang memengaruhi regenerasi tulang seiring bertambahnya usia. Tujuan penelitian ini untuk menganalisis pengaruh *mini squat* dan *wall slide exercise* terhadap *activity daily living* pada pasien *osteoarthritis knee* di RSUD KAJEN.

Metode: Desain penelitian ini berupa kuantitatif pre-eksperiment dengan pendekatan metode one group pretest and posttest design. Sampel diperoleh secara accidental sampling dengan jumlah 22 responden. Analisis data menggunakan analisis univariat dan bivariate dengan alat ukur kuesioner WOMAC dengan nilai validitas dan reliabilitas 0,966. Uji normalitas menggunakan uji Shapiro-Wilk serta uji korelasi menggunakan simple paired t-test.

Hasil: Hasil uji simple paired t-test didapatkan nilai p value sebesar 0,000 ($< 0,05$), sehingga terdapat pengaruh *mini squat* dan *wall slide exercise* terhadap *activity daily living* pada pasien *osteoarthritis knee* di RSUD KAJEN.

Diskusi: Adanya pengaruh yang signifikan setelah diberikan *mini squat* dan *wall slide exercise* terhadap *activity daily living* pada pasien *osteoarthritis knee* di RSUD KAJEN. Latihan ini dapat digunakan responden *osteoarthritis* untuk melakukan latihan *mini squat exercise* dan *wall slide exercise* secara rutin sehingga dapat meningkatkan *activity daily living*.

Kata Kunci: *Osteoarthritis knee, activity daily living*

Daftar Pustaka: 99 (2016-2025)

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ABSTRACT

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The Effect of Mini Squat and Wall Slide Exercises on Activities of Daily Living in Patients with Knee Osteoarthritis at RSUD Kajen

Introduction: Knee osteoarthritis is a progressive degenerative condition characterized by joint cartilage damage, osteophyte formation, muscle weakness, and significant functional impairment in daily activities due to pain that affects bone regeneration with increasing age. The aim of this study is to analyze the effect of mini squat and wall slide exercises on activities of daily living in patients with knee osteoarthritis at RSUD Kajen.

Methods: This study employed a quantitative pre-experimental design using a one-group pretest-posttest approach. The sample was obtained through accidental sampling, comprising 22 respondents. Data analysis was conducted using univariate and bivariate analysis, with the WOMAC questionnaire as the measurement tool, which has a validity and reliability score of 0.966. Normality testing was performed using the Shapiro-Wilk test, and correlation analysis was conducted using a simple paired t-test.

Results: The results of the simple paired t-test showed a p-value of 0.000 (< 0.05), indicating that mini squat and wall slide exercises have a significant effect on activities of daily living in patients with knee osteoarthritis at RSUD Kajen.

Discussion: There was a significant effect observed after the implementation of mini squat and wall slide exercises on activities of daily living in patients with knee osteoarthritis at RSUD Kajen. These exercises can be routinely performed by osteoarthritis patients to improve their daily functional activities.

Keywords: *Knee osteoarthritis, activities of daily living*

References: 99 (2016–2025)