

**ABSTRAK**

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**Gambaran Keseimbangan Pada Pasien *Post Stroke* Setelah Pemberian Latihan Berbasis *Virtual Reality*: *Literature Review***

*Post stroke* merupakan kondisi dimana pasien stroke telah melalui keadaan darurat sehingga pasien dalam keadaan stabil. Pasien *post stroke* dapat mengalami berbagai keterbatasan fungsional salah satunya gangguan keseimbangan yang dapat diberikan latihan keseimbangan berbasis *Virtual Reality*. *Virtual Reality* akan memberikan stimulasi visual, proprioseptif, dan pendengaran melalui perangkat keras dan perangkat lunak komputer untuk terlibat dalam lingkungan buatan yang muncul dan terasa mirip dengan objek dan peristiwa dunia nyata. Penelitian ini bertujuan untuk mengetahui gambaran keseimbangan pada pasien *post stroke* setelah pemberian latihan berbasis *Virtual Reality*. Metode yang digunakan dalam penelitian ini yaitu analisis *literature review* dengan metode PICO, didapatkan lima artikel untuk direview dari beberapa data base seperti *PubMed* (n=2) dan *Google Scholar* (n=3). Hasil analisis lima artikel didapatkan responden rata-rata usia > 60 tahun dan jenis kelamin perempuan 51,7% dan laki-laki 48,3%, nilai rata-rata *pre test* dan *post test* 42,1 dan 47,2 dengan peningkatan sebesar 5,1. Kesimpulannya didapatkan gambaran adanya peningkatan keseimbangan pasien *post stroke* setelah pemberian latihan berbasis *Virtual Reality* dengan hasil yang signifikan. Saran untuk peneliti atau praktisi bisa mengembangkan metode *Virtual Reality* pada gangguan keseimbangan pasien *post stroke* dalam bentuk treatment dan penelitian berikutnya.

**Kata Kunci** : Keseimbangan, *Post Stroke*, *Virtual Reality*

**Daftar Pustaka** : 37 artikel dan 5 buku (2011-2021)

**ABSTRACT**

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***An Overview of Balance in Post-Stroke Patients after Undergoing Virtual Reality-Based Exercise: a Literature Review***

*Post-stroke is a condition where the stroke patient has gone through an emergency so that he is in a stable condition. Post-stroke patients can experience various functional limitations, one of which is balance disorders. Patients experiencing this type of disorder can be given balance exercises based on virtual reality. Virtual reality will provide visual, proprioceptive, and auditory stimulation through computer hardware and software to engage in artificial environments that appear and feel similar to real world objects and events. This study aimed to describe balance of post-stroke patients after being given virtual reality-based exercises. The method used in this study was a literature review analysis with the PICO method. Five articles were obtained to be reviewed from several data bases such as PubMed (n=2) and Google Scholar (n=3). The results of the analysis of the five articles showed that the average age of the respondents was > 60 years; 51.7% were female and 48.3% were male; and the average value of pre-test as well as post-test were 42.1 and 47.2 with an increase of 5.1. In conclusion, there was an increase in the balance of post-stroke patients after undergoing virtual reality-based exercises with significant results. Therefore, researchers or practitioners are suggested to develop a Virtual Reality method on balance disorders in post-stroke patients in the form of treatment and subsequent research.*

**Keywords** : Balance, Post Stroke, Virtual Reality

**Bibliography** : 37 articles and 5 books (2011-2021)