

**PENGARUH TERAPI AKTIF MENGGENGAM BOLA KARET  
TERHADAP KEKUATAN OTOT PADA PASIEN STROKE  
NON HEMORAGIK DI WILAYAH KERJA PUSKESMAS  
PENGASIH II KULON PROGO YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Stroke dapat menyebabkan kerusakan neurologis yang disebabkan adanya sumbatan total atau parsial sehingga akan menyumbat pada aliran darah di otak. Stroke dapat menyebabkan berbagai gangguan seperti kematian jaringan otak, penurunan tonus otot, dan hilangnya sensibilitas pada sebagian anggota tubuh. Rehabilitasi penderita penyakit stroke salah satunya dengan cara terapi latihan aktif menggenggam bola karet.

**Tujuan Penelitian:** Diketahui pengaruh terapi aktif menggenggam bola karet terhadap kekuatan otot pada pasien stroke non hemoragik di Wilayah Kerja Puskesmas Pengasih II Kulon Progo Yogyakarta.

**Metode Penelitian:** Jenis penelitian ini adalah *pra-eksperimen* dengan *one-group pre-post test design*. Eksperimen dilakukan dengan memberikan intervensi berupa terapi aktif menggenggam bola karet. Jumlah sampel yang digunakan adalah 16 responden dari Puskesmas Pengasih II Kulon Progo Yogyakarta. Analisa data menggunakan uji *paired t-test*.

**Hasil Penelitian:** Sebelum diberikan intervensi terapi aktif menggenggam bola karet rata-rata kekuatan otot pasien stroke non hemoragik adalah 2,44. Setelah diberikan intervensi terapi aktif menggenggam bola karet rata-rata kekuatan otot pasien stroke non hemoragik adalah 3,81. Hasil uji *paired t-test* didapatkan signifikansi (p) 0,000.

**Kesimpulan:** Ada pengaruh terapi aktif menggenggam bola karet terhadap kekuatan otot pada pasien stroke non hemoragik di Wilayah Kerja Puskesmas Pengasih II Kulon Progo Yogyakarta (p value 0,000).

**Kata kunci** : stroke non hemoragik, terapi aktif menggenggam bola karet

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**THE INFLUENCE OF ACTIVE THERAPY OF SQUEEZING RUBBER  
BALL ON MUSCULAR STRENGTH OF PATIENTS WITH NON  
HEMORRHAGIC STROKE IN THE OPERATIONAL AREA OF  
PENGASIH II COMMUNITY HEALTH CENTER  
OF KULONPROGO YOGYAKARTA**

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**ABSTRACT**

**Background :** Stroke may cause neurological damage due to total or partial clog which blocks blood circulation in brain. Stroke may lead to various disorders such as cerebral tissue dysfunction, muscle tonus degradation, and loss of sensibility in some body parts. One of rehabilitations for patients with stroke is active therapy of squeezing rubber ball.

**Objective :** To identify The Influence of Active Therapy by Squeezing Rubber Ball on Muscular Strength of Patients with Non Hemorrhagic Stroke in The Operational Area of Pengasih II Community Health Center of Kulonprogo Yogyakarta.

**Method :** This study type was *pre-experimental* with *one-group pre-post test design*. Experiment was conducted by giving intervention such as active therapy of squeezing rubber ball. Number of samples was 16 respondents from Pengasih II community health center of Kulonprogo Yogyakarta. Data analysis applied *paired t-test* formula.

**Result :** Prior to intervention with active therapy of squeezing rubber ball, the average muscular strength of patients with non hemorrhagic stroke was 2,44. After intervention with active therapy of squeezing rubber ball, the average muscular strength of patients with non hemorrhagic stroke was 3,81. The result of *paired t-test* figured out significance value ( $p$ ) of 0,000.

**Conclusion :** There was an influence of Active Therapy by Squeezing Rubber Ball on Muscular Strength of Patients with Non Hemorrhagic Stroke in The Operational Area of Pengasih II Community Health Center of Kulonprogo Yogyakarta, with  $p$  value of 0,000.

**Keywords :** Non Hemorrhagic Stroke, Active Therapy of Squeezing Rubber Ball.

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