

## Pengaruh Activehip Exercise dan Keterlibatan Keluarga terhadap Status Fungsional pada Pasien Pasca Pembedahan Sendi Panggul = The Effect of Activehip Exercise and Family Involvement on the Functional Status of Hip Joint Surgery's Patients.

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### Abstrak

#### <b>ABSTRAK</b><br>

Latar Belakang: masalah yang sering terjadi setelah pembedahan sendi panggul yaitu defisit kekuatan otot, gangguan fisik, dan gangguan kemampuan berjalan kondisi ini dapat mengakibatkan ketidakmampuan pasien dalam menyelesaikan tugas fungsionalnya secara mandiri. Oleh karena itu, diperlukan intervensi yang berkelanjutan untuk dapat mengembalikan status fungsional pasien. Intervensi berupa program activehip exercise dengan melibatkan keluarga dilakukan untuk meningkatkan kemampuan fungsional. Tujuan: mengetahui pengaruh activehip exercise dan keterlibatan keluarga terhadap kemampuan fungsional pasien pasca pembedahan sendi pinggul. Desain penelitian: penelitian kuantitatif dengan menggunakan quasi experiment pre and post test without control group design dengan jumlah sampel 23 pasien pasca pembedahan panggul. Analisis data menggunakan uji Paired t-Test, Independet t-Tes dan Pearson Correlation. Hasil: analisis menunjukkan terdapat pengaruh activehip exercise dan keterlibatan keluarga dilihat dari adanya perbedaan rerata nilai status fungsional sebelum dan sesudah intervensi ( $p=0,0001$ ). Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara usia (0,001) dan nyeri (0,001) terhadap status fungsional. Kesimpulan: adanya pengaruh activehip exercise dengan keterlibatan keluarga terhadap status fungsional pasien paca pembedahan panggul.

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#### <b>ABSTRACT</b><br>

Background: Problems that usually happen after hip joint surgery are deficits in muscle strength, physical disorders, and impaired difficulties to walk or impaired mobility. These conditions can causes patient inability to to fullfill their functional tasks independently. Therefore, a intervention is required to return functional status optimally. This intervention which is Activehip exercise which is modified with the family involvement was conducted to improve functional abilities. Objective: to identify the effect of Activehip exercise and family involvement on the functional abilities of patients after hip joint surgery. Design study: Quantitative research using quasi pre and posttest experiments without control group design with 23 patients after hip joint surgery as a sample. Data analysis used Paired t-Test, Independent t-Test and Pearson Correlation. Results: the result showed that there was an effect of Activehip exercise and family involvement as seen from the difference in mean functional status values before and after the intervention ( $p = 0.0001$ ). The results of the bivariate analysis showed a significant relationship between age (0.001) and pain (0.001) to status functional. Conclusion: There was an effect of Activehip exercise and family involvement on the functional status of hip joint surgery's patients.