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ABSTRACT

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**EFFECTIVENESS OF ROM PASIVE-ACTIVE ASSISTIVE EXERCISE ON
INCREASING MUSCLE STRENGTH IN PATIENT STROKE NON
HEMORRHAGIC AT REGIONAL GENERAL HOSPITAL SEMARANG**

50 pages + 9 tables + xiii + 10 attachment

Background : Hemiparesis is one of the signs and symptoms are often found in patients with stroke and can cause disability. ROM exercise is one form of exercise that is still considered effective enough to prevent disability in stroke patients. This study aims to identify the effectiveness of the passive-active ROM exercises-assistive to the increase in muscle strength in stroke patients at Regional General Hospital Semarang.

Method : This study used a *quasi experiment pre and post design*. Total sample of 34 respondents were divided into a treatment group and a control group. The evaluation study was conducted on the first day and the fifth. The sampling method with a *purposive sampling*.

Result : The results showed that the active assistive-passive ROM exercises effective to the increase in muscle strength in stroke patients with p value = 0.036 for hand muscle strength and p = 0.028 for leg muscle strength.

Conclusion : Active assistive -passive ROM exercises effective to the increase in muscle strength in stroke patients (p <0.05)

Key word : stroke, muscle strength, ROM

Bibiliography : 44 (2000-2012)