

PENERAPAN TERAPI MENGGENGAM BOLA KARET TERHADAP KEKUATAN OTOT EKSTREMITAS ATAS PADA PASIEN STROKE NON HEMORAGIK DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Stroke non hemoragik merupakan jenis stroke yang terjadi akibat adanya penyumbatan pada pembuluh darah otak sehingga aliran darah, oksigen, dan nutrisi ke jaringan otak terganggu. Kondisi ini menyebabkan sel-sel otak mengalami kerusakan dan menimbulkan gangguan fungsi neurologis, seperti kelemahan anggota gerak, gangguan bicara, gangguan koordinasi, hingga penurunan kemampuan melakukan aktivitas sehari-hari.

Tujuan: Mendeskripsikan penerapan terapi menggenggam bola karet terhadap kekuatan otot ekstremitas atas pada kedua pasien stroke non hemoragik.

Metode: Penelitian ini menggunakan metode studi kasus deskriptif pada dua pasien stroke non hemoragik dengan diagnosa keperawatan gangguan mobilitas fisik.

Hasil: Terjadi peningkatan kekuatan otot ekstremitas atas pada responden 1 dari 0 kg menjadi 2 kg setelah penerapan terapi menggenggam bola karet. Pada responden 2 tidak ditemukan perubahan kekuatan otot yang tetap berada pada 0 kg.

Kesimpulan: Penerapan terapi menggenggam bola karet menunjukkan dampak positif terhadap peningkatan kekuatan otot ekstremitas atas pada responden 1, sedangkan pada responden 2 tidak ditemukan peningkatan kekuatan otot selama periode penelitian. Hasil ini menunjukkan bahwa dampak terapi dapat berbeda pada setiap pasien stroke non hemoragik tergantung kondisi klinis masing-masing.

Kata Kunci: *Stroke non hemoragik, kekuatan otot, terapi menggenggam bola karet.*

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THE APPLICATION OF RUBBER BALL THERAPY ON UPPER EXTREMITY MUSCLE STRENGTH IN NON-HEMORRHAGIC STROKE PATIENTS AT RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRACT

Background: Non-hemorrhagic stroke is a type of stroke that occurs due to obstruction of the cerebral blood vessels, resulting in disrupted blood flow, oxygen, and nutrient supply to brain tissue. This condition causes damage to brain cells and leads to neurological dysfunction, including limb weakness, speech impairment, coordination disturbances, and a decline in the ability to perform activities of daily living.

Objective: To describe the application of rubber ball therapy on upper extremity muscle strength in two patients with non-hemorrhagic stroke.

Method: This study employed a descriptive case study method involving two non-hemorrhagic stroke patients with a nursing diagnosis of impaired physical mobility.

Result: There was an increase in upper extremity muscle strength in Respondent 1, from 0 kg to 2 kg after applying rubber ball grip therapy. No change in muscle strength was found in Respondent 2, which remained at 0 kg.

Conclusion: The application of rubber ball grip therapy showed a positive impact on increasing upper extremity muscle strength in respondent 1, while no increase in muscle strength was found in respondent 2 during the study period. These results indicate that the impact of therapy can vary among non-hemorrhagic stroke patients, depending on their individual clinical condition.

Keywords: *Non-hemorrhagic stroke, muscle strength, rubber ball therapy.*

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