

ABSTRAK

PENGARUH TAROMAKI (TERAPI ROM JARI KAKI) TERHADAP RENTANG GERAK SENDI JARI KAKI PADA PASIEEN STROKE ISKEMIK

Valerio Basuni Carlo Caryanto¹, Saryono², Endang Triyanto³

Latar Belakang: Stroke iskemik merupakan salah satu penyebab utama kecacatan yang dapat menimbulkan gangguan fungsi motorik, terutama pada ekstremitas bawah. Salah satu dampak yang sering terjadi adalah keterbatasan rentang gerak (ROM) sendi jari-jari kaki yang berpengaruh pada keseimbangan, stabilitas postural, dan kemampuan berjalan. Latihan ROM menjadi bagian penting dalam rehabilitasi, namun pelaksanaannya masih memiliki keterbatasan dalam konsistensi gerakan serta ketergantungan pada tenaga terapis.

Tujuan: Mengidentifikasi Pengaruh TAROMAKI (Terapi ROM Jari Kaki) Terhadap Rentang Gerak Sendi Jari Kaki Pada Pasien Stroke Iskemik

Metode Penelitian: Penelitian dilakukan melalui dua tahap. Tahap pertama adalah pengembangan alat TAROMAKI menggunakan model ADDIE (*Analysis, Design, Development, Implementation, Evaluation*). Tahap kedua menggunakan desain *quasi experiment* dengan *randomized control group pretest-posttest design*. Responden sebanyak 90 pasien stroke iskemik, terdiri dari 45 kelompok intervensi dan 45 kelompok kontrol. Kelompok intervensi diberikan latihan ROM jari kaki menggunakan TAROMAKI, sedangkan kelompok kontrol diberikan latihan ROM standar. Analisis statistik menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Kelompok intervensi menunjukkan peningkatan ROM jari kaki lebih besar dengan median peningkatan 24° ($p=0,001$; $effect\ size=0,92$). Kelompok kontrol mengalami peningkatan median 11° ($p=0,001$; $effect\ size=0,67$). Uji perbandingan antar kelompok menunjukkan perbedaan peningkatan ROM yang signifikan ($p=0,001$; $effect\ size=0,62$).

Kesimpulan: TAROMAKI efektif meningkatkan rentang gerak sendi jari-jari kaki pada pasien stroke iskemik dan memberikan hasil yang lebih baik dibandingkan latihan ROM standar.

Kata Kunci: TAROMAKI, ROM jari kaki, stroke iskemik, rehabilitasi, rentang gerak sendi.

¹Mahasiswa Program Studi Magister Keperawatan Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

²Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

³Jurusan Keperawatan Fakultas Ilmu-Ilmu Kesehatan Universitas Jenderal Soedirman

ABSTRACT

THE EFFECT OF TAROMAKI (TOE RANGE OF MOTION THERAPY) ON THE RANGE OF MOTION OF THE TOE JOINTS IN PATIENTS WITH ISCHEMIC STROKE

Valerio Basuni Carlo Caryanto¹, Saryono², Endang Triyanto³

Background: Ischemic stroke is one of the leading causes of disability that can cause motor function impairment, especially in the lower extremities. One of the common effects is limited range of motion (ROM) in the toes, which affects balance, postural stability, and walking ability. ROM exercises are an important part of rehabilitation, but their implementation still has limitations in terms of movement consistency and dependence on therapists.

Objective: To identify the effect of TAROMAKI (Toe ROM Therapy) on the range of motion of the toe joints in ischemic stroke patients.

Research Method: The research was conducted in two stages. The first stage was the development of the TAROMAKI tool using the ADDIE model (Analysis, Design, Development, Implementation, Evaluation). The second stage used a quasi-experimental design with a randomized control group pretest-posttest design. There were 90 ischemic stroke patients, consisting of 45 intervention groups and 45 control groups. The intervention group was given toe ROM exercises using TAROMAKI, while the control group was given standard ROM exercises. Statistical analysis used the Wilcoxon and Mann-Whitney tests.

Results: The intervention group showed a greater increase in toe ROM with a median increase of 24° (p=0.001; effect size=0.92). The control group experienced a median increase of 11° (p=0.001; effect size=0.67). The comparison test between groups showed a significant difference in ROM improvement (p=0.001; effect size=0.62).

Conclusion: TAROMAKI effectively improves toe joint range of motion in ischemic stroke patients and provides better results than standard ROM exercises.

Keywords: TAROMAKI, toe ROM, ischemic stroke, rehabilitation, joint range of motion.

¹Student of the Master of Nursing Study Programme, Department of Nursing, Faculty of Health Sciences, Universitas Jenderal Soedirman

²Department of Nursing, Faculty of Health Sciences, Universitas Jenderal Soedirman

³Department of Nursing, Faculty of Health Sciences, Universitas Jenderal Soedirman