

BAB VI

KESIMPULAN DAN SARAN

6.1 Kesimpulan

1. Sebagian besar responden mengalami perubahan keseimbangan statis setelah diberikan *core stability exercise*.
2. Adanya pengaruh dari *core stability exercise* terhadap perubahan keseimbangan statis pada anak usia 7-9 tahun di SD Tanwir Surabaya dengan nilai signifikansi $0,007 < \alpha$ ($\alpha = 0,05$).

6.2 Saran

6.2.1 Bagi Penulis

Penelitian ini diharapkan dapat menjadi informasi tambahan berbasis data dan teori terhadap penggunaan *core stability exercise* untuk latihan keseimbangan pada siswa sekolah dasar.

6.2.2 Bagi Pendidikan dan Teknologi

Penelitian ini dapat digunakan sebagai masukan berbasis teori guna menambah wawasan terhadap rekomendasi latihan yang digunakan pada fisioterapi berbasis sekolah.

6.2.3 Bagi Masyarakat

Penelitian ini sebagai sumber informasi baru berbasis data dan teori terhadap jenis latihan yang efektif guna meningkatkan keseimbangan pada anak usia sekoah dasar.



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