

ABSTRAK

Arum Dwi Hastuti

PENGARUH *BRANDT DAROFF EXERCISE* TERHADAP PENURUNAN GEJALA VERTIGO PADA PASIEN VERTIGO DI WILAYAH KERJA PUSKESMAS PANEKAN

xv + 72 Halaman + 6 Tabel + 11 Lampiran

Vertigo ialah gangguan keseimbangan yang menurunkan produktivitas. Upaya menangani vertigo dapat menggunakan terapi non-farmakologi yaitu *Brandt daroff exercise*. Penelitian bertujuan ini ialah untuk mengkaji pengaruh *Brandt daroff exercise* terhadap penurunan gejala vertigo. Penelitian menerapkan desain *quasi-experimental* dengan *pre-test post-test with control group*. Sampel terdiri dari 36 pasien vertigo di Puskesmas Panekan yang dipilih secara *purposive sampling* dengan kriteria terdiagnosis vertigo, usia 18–70 tahun. Pengumpulan data dilakukan dari Desember 2024 hingga Januari 2025. Instrumen penelitian kuesioner *Vertigo Symptom Scale-Short Form*. Pengolahan data menerapkan uji *Wilcoxon* dan uji *Mann-Whitney* (α 0,05).

Hasil penelitian menunjukkan penurunan gejala vertigo kelompok perlakuan saat *pre-test* 78% vertigo sedang dan *post-test* 83% vertigo ringan (*p-value* 0,000). Analisis pada kelompok kontrol tidak menunjukkan perbedaan gejala vertigo saat *pre-test* (78% vertigo sedang) dan *post-test* (72% vertigo sedang) *p-value* 0,187. Analisis menunjukkan perbedaan penurunan gejala vertigo antara kelompok perlakuan dan kelompok kontrol (*p-value* 0,000). *Brandt daroff exercise* efektif menurunkan gejala pasien vertigo di Puskesmas Panekan. Terapi ini dapat dilakukan mandiri di rumah dan disarankan rutin untuk mendukung pemulihan vertigo berkelanjutan.

Kata Kunci : Vertigo, *Brandt daroff exercise*, Terapi non-farmakologi, Penurunan gejala

Daftar bacaan : 7 buku dan 32 jurnal (2015 – 2025)

ABSTRACT

Arum Dwi Hastuti

THE EFFECT OF BRANDT DAROFF EXERCISE ON REDUCING VERTIGO SYMPTOMS IN VERTIGO PATIENTS IN THE WORKING AREA OF PANEKAN PUBLIC HEALTH CENTER

xv + 72 Pages + 6 Tables + 11 Appendices

Vertigo is a balance disorder that can reduce a person's productivity. One non-pharmacological treatment to manage vertigo is the Brandt daroff exercise. The purpose of this research was to evaluate the impact of Brandt-Daroff exercises on alleviating vertigo symptoms. A quasi-experimental design with a pre-test and post-test control group approach was employed. A total of 36 vertigo patients at Puskesmas Panekan were selected through purposive sampling, with inclusion criteria of being diagnosed with vertigo and aged 18–70 years. Data were collected from December 2024 to January 2025. The research instrument used was the Vertigo Symptom Scale-Short Form. The data were examined through the application of Wilcoxon and Mann-Whitney statistical tests (α 0.05).

The study demonstrated a significant reduction in vertigo symptoms in the treatment group, 78% of participants experienced moderate vertigo during the pre-test, while 83% experienced mild vertigo during the post-test (p-value 0.000). The control group exhibited no statistically significant change in vertigo symptoms between the pre-test (78% with moderate vertigo) and the post-test (72% with moderate vertigo), as indicated by a p-value of 0.187. The analysis indicated a significant difference in the reduction of vertigo symptoms between the treatment and control groups (p-value 0.000). Brandt-Daroff exercise has been proven effective in alleviating vertigo symptoms among patients at Puskesmas Panekan. This therapy can be performed independently at home and is recommended to be practiced regularly to support sustained vertigo recovery.

Keywords: Vertigo, Brandt daroff exercise, Non-pharmacological therapy, Symptom reduction

References : 7 books dan 32 journals (2015 – 2025)