***ABSTRACT***

***The Effect of Rubber Ball Grip Exercises on Muscle Strength in Non-Hemorrhagic Stroke Patients at Bangli General Hospital***

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*The weakness of muscles in non-hemorrhagic stroke patients is a problem caused by neurological damage. Rubber ball grip exercise is one of the interventions to improve muscle strength in non-hemorrhagic stroke patients. This study aimed to examine the effect of rubber ball grip exercise using a quasi-experimental design with a Pre-Post Test Design with a Control Group. A total of 11 patients in the intervention group and 11 patients in the control group were selected using purposive sampling. The exercise was conducted twice a day for four days. Muscle strength was measured using a handgrip dynamometer. The analysis results in the control group using the paired t-test showed a p-value of 0.005 (p < 0.05), pre-test mean of 4.09 and post-test mean of 4.91. The analysis results in the intervention group using the Wilcoxon test showed p-value of 0.003 (p < 0.05), pre-test mean of 5.00 and post-test mean of 7.00. The Mann-Whitney U test showed p-value of 0.218 (p > 0.05) in the pre-test of both groups, indicating no significant difference in baseline muscle strength. The p-value in the post-test of both groups was 0.030 (p < 0.05), indicating a significant difference between the control and intervention groups. Rubber ball grip exercise, when performed with the correct technique and duration, can enhance muscle strength in stroke patients and prevent further complications, making it crucial during the early recovery phase.*

***Keywords : Non-Hemorrhagic Stroke, Rubber Ball Grip Exercise, Muscle Strength***