

# COMBINATION OF PERCEPTUAL MOTOR PROGRAM AND OBSTACLE COURSE EXERCISE ON DYNAMIC BALANCE FUNCTION IN CHILDREN WITH AUTISM SPECTRUM DISORDER

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## ABSTRACT

**Background:** Disorders of the neuromuscular system in children with autism cause motor deficits which cause children with autism to be unable to move. This is caused by a decrease in postural tone. Disturbed postural tone in children with autism will also cause coordination disorders and abnormal movement patterns. Apart from that, improper postural control in children with autism will cause changes in balance and balance disorders. For this reason, researchers provide Perceptual Motor Program and Obstacle Course Exercise interventions in conditions of Autism Spectrum Disorder. **Objective:** To analyze the improvement in dynamic balance in children with Autism Spectrum Disorder before and after being given the Perceptual Motor Program and Obstacle Course Exercise. **Methods:** This research is quantitative research with a quasi-experimental type of research with a one group pre and posttest plan without control group. The subjects were 25 respondents using the Fixed Disease Sampling technique. Fixed Disease Sampling. Dynamic balance measurements using PBS. **Results:** Based on the Wilcoxon test using the PBS measurement instrument, the significance value is 0.000 ( $p < 0.05$ ). **Conclusion:** There is an influence of the combination of Perceptual Motor Program and Obstacle Course Exercise on the dynamic balance function of children with Autism Spectrum Disorder.

**Keywords:** Dynamic balance; Autism Spectrum Disorder; Perceptual Motor Program; Obstacle Course Exercise; Pediatric Balance Scale (PBS)

