

## ABSTRAK

FAKULTAS FISIOTERAPI  
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SKRIPSI, SEPTEMBER 2015

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**“PERBEDAAN ANTARA INTERVENSI KOMBINASI *CONTRACT RELAX STRETCHING* DAN *ULTRASOUND* DENGAN INTERVENSI *HOLD RELAX STRETCHING* DAN *ULTRASOUND* DALAM MENURUNKAN DISABILITAS LEHER PADA KASUS SINDROMA MIOFASIAL TRAPEZIUS DESENDENS”**

Skripsi ini terdiri dari VI BAB, 104 halaman, 5 gambar, 4 skema, 3 grafik dan 5 lampiran

**Tujuan :** Penelitian ini bertujuan untuk mengetahui perbedaan antara intervensi kombinasi *contract relax stretching* dan *ultrasound* dengan intervensi *hold relax stretching* dan *ultrasound* terhadap disabilitas leher kasus sindroma miofasial trapezius descendens.

**Sampel :** Diambil yang merupakan pasien pada klinik fisioterapi Medissina Cibabat menggunakan *assesment* fisioterapi dengan jumlah sampel 20 orang laki-laki dan perempuan berusia 20-60. Kelompok perlakuan I terdiri dari 10 orang yang mendapatkan intervensi kombinasi *contract relax stretching* dan *ultrasound* sebanyak 6 kali (3 kali dalam seminggu). Kelompok perlakuan II terdiri dari 10 orang yang mendapatkan intervensi *hold relax stretching* dan *ultrasound* sebanyak 6 kali (3 kali seminggu). **Metode:** Quasi experimental berupa *Pre and Post Test Group Design* analisis statistik penelitian ini menggunakan *paired sample t-test* dan *independent t-test*. Pada awal penelitian antar kelompok perlakuan dimulai dari kondisi yang sama atau homogen. **Hasil :** Hasil uji hipotesis I menggunakan *paired sample t-test* didapatkan  $p=0,001$  ( $p<\alpha=0,05$ ), yang berarti  $H_0$  ditolak, yang menunjukkan adanya penurunan disabilitas pada intervensi *Contract Relax Stretching* dan *Ultrasound* pada kelompok perlakuan I. Uji hipotesis II menggunakan *paired sample t-test* didapatkan hasil  $p= 0,001$  ( $P<\alpha=0,005$ ) berarti  $H_0$  ditolak yang menunjukkan adanya penurunan disabilitas pada intervensi *Hold Relax Stretching* dan *Ultrasound* pada kelompok perlakuan II. Pada uji hipotesis III melalui *independent t-test* didapatkan hasil  $p= 0,925$  ( $p>\alpha=0,005$ ) yang berarti  $H_0$  diterima bahwa tidak ada perbedaan antara kelompok perlakuan I dan kelompok perlakuan II. **Kata kunci :** Disabilitas leher, sindroma miofasial, *Contract relax stretching*, *Hold relax stretchcing*, *Ultrasound*.

**ABSTRACT**

**FACULTY OF PHYSIOTHERAPY  
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**“DIFFERENCES BETWEEN COMBINATION INTERVENTION CONTRACT RELAX STRETCHING AND ULTRASOUND WITH INTERVENTION HOLD RELAX STRETCHING AND ULTRASOUND FOR DECREASE NECK DISSABILITY ON CASE MIOFASCIA SYNDROME TRAPEZIUS DESENDENS”**

This minithesis consists of chapter VII, 104 Pages, tables, 5 Pictures, 4 scheme, 3 graphic and 5 attachments

**Objective:** This study aimed to determine whether differences between combination intervention contract relax stretching and ultrasound with intervention hold relax stretching and ultrasound for decrease neck dissability on case miofascia syndrome trapezius desendens. **Sample :** syndrome miofascia are taken from population is a patient Medissima clinic at Cibabat , using physiotherapy assesment with a sample of 20 men and women aged 20-60 years. Treatment group I consisted of people received the intervention contract relax stretching and ultrasound for 6 treatmens (three times a week). Treatment group II consisted of people received the intervention hold relax stretching and ultrasound for 6 treatmens (three times a week). **Methods :** this study used a Quasi experimental pre and post design groups statistical analysis using paired sample t-test and independent t-test at baseline between treatment groups starting from the same condition or homogen. **Result :** the result of the first hypothesis test using paired sample t-test was obtained  $p= 0,001$  ( $p<\alpha=0,05$ ), Which means that  $H_0$  is rejected, which showed a decrease in dissability intervention contract relax stretching and ultrasound in the treatment groups I. Hypothesis II testing using a paired sample t-test showed  $p=0,001$  ( $p<\alpha=0,005$ ), which means that  $H_0$  is rejected, which showed a decrease in dissability intervention hold relax stretching and ultrasound in the treatment groups II. In the third hypothesis testing by independent t-test showed  $p=0,925$  ( $p>\alpha=0,05$ ), which  $H_0$  accepted that there is no difference between group I and group II . **Keywords :** Neck Dissability, Miofascia Syndrome, Contract relax stretching, Hold relax stretching, Ultrasound.