

ABSTRAK



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PERBEDAAN ANTARA *CONTRACT RELAX STRETCHING* DENGAN *MYOFASCIAL RELEASE* DALAM MENURUNKAN DISABILITAS LEHER AKIBAT MIOGENIK

Terdiri VI Bab, 56 Halaman, 1 Tabel, 9 Gambar, 4 Skema, 1 Grafik, 5 Lampiran

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan antara *contract relax stretching* dengan *myofascial release* dalam menurunkan disabilitas leher akibat myogenik. **Metode:** Penelitian ini merupakan jenis penelitian eksperimental. Sampel terdiri dari 34 orang (usia 30-40 tahun), dan dipilih berdasarkan teknik *purposive sampling* dengan menggunakan rumus pocock. Sampel dikelompokkan menjadi dua kelompok perlakuan, yaitu kelompok perlakuan I terdiri dari 17 orang diberikan *contract relax stretching*, sedangkan pada kelompok perlakuan II terdiri dari 17 orang diberikan *myofascial release*. **Hasil:** Uji hipotesis pada perlakuan I rerata sebelum adalah NDI $25,00 \pm 1,582$ dan rerata sesudah adalah NDI $14,53 \pm 1,231$ dengan *paired sampel t-test* didapatkan nilai $p=0,003$ yang berarti pemberian *contract relax stretching* efektif dalam menurunkan disabilitas leher akibat myogenik. Pada perlakuan II rerata sebelum adalah NDI $24,00 \pm 1,581$, rerata sesudah adalah NDI $19,29 \pm 1,929$ dengan *paired sampel t-test* didapatkan nilai $p=0,003$ yang berarti pemberian *myofascial release* efektif dalam menurunkan disabilitas leher akibat miogenik. Uji hipotesis III rerata selisih perlakuan I adalah NDI $10,47 \pm 1,211$ dan rerata perlakuan II adalah NDI $5,76 \pm 2,751$ dengan *t-test independent* menunjukkan nilai $0,006$ yang berarti ada perbedaan penurunan disabilitas leher akibat miogenik. **Kesimpulan:** Ada perbedaan pemberian *contract relax stretching* dengan *myofascial release* dalam menurunkan disabilitas leher akibat myogenik.

Kata Kunci : *contract relax stretching*, *myofascial release*, disabilitas leher.

ABSTRACT



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DIFFERENCES BETWEEN CONTRACT RELAX STRETCHING WITH MYOFASCIAL RELEASE IN REDUCING NECK DISABILITY DUE TO MIOGENIC

Consisting of VI Chapters, 56 Pages, 1 Table, 9 Images, 4 Schemes, 1 Graph, 5 Attachments

Objectives: This research aims to find out the difference between contract relax stretching and myofascial release in reducing neck disability due to myogenic.

Method: This research is an experimental type of research to determine the effect of an intervention carried out on the research object. The sample consisted of 34 people (aged 30-40 years), and were selected based on a purposive sampling technique using the pocock formula. The sample was grouped into two treatment groups, namely the treatment group I consisted of 17 people given contract relax stretching, while in treatment group II consisted of 17 people given myofascial release.

Result: Hypothesis test on average treatment I before was $NDI\ 25.00 \pm 1.582$ and mean after NDI was 14.53 ± 1.231 with paired sample t-test $p = 0.003$ which means that contract relax stretching was effective in reducing neck disability due to myogenic . In average treatment II before NDI was 24.00 ± 1.581 , the average after NDI was 19.29 ± 1.929 with paired sample t-test $p = 0.003$ which means that myofascial release was effective in reducing neck disability due to myogenic. Hypothesis III test the average difference in treatment I was 10.47 ± 1.211 NDI and the average treatment II was $NDI\ 5.76 \pm 2.751$ with independent t-test showed a value of 0.006 which means that there was a difference in the decrease in neck disability due to myogenic. **Conclusion:** There was differences in contract relax stretching with myofascial release in reducing neck disability due to myogenic.

Keywords : Contract relax stretching, Myofascial release, and Neck Disability.