

ABSTRAK



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PERBEDAAN EFEK PENAMBAHAN SUSTAINED NATURAL APOPHYSEAL GLIDE EXTENSION CERVICAL PADA POSTURAL CORRECTION EXERCISE DALAM MENINGKATKAN MOBILITAS LEHER PADA KASUS FORWARD HEAD POSTURE AKIBAT PENGGUNAAN SMARTPHONE

Terdiri dari VI bab, 103 Halaman, 12 Tabel, 10 Gambar, 3 Skema

Tujuan : Penelitian ini bertujuan untuk mengetahui perbedaan antara efek penambahan *sustained natural apophyseal glide extension cervical* pada *postural correction exercise* dalam meningkatkan mobilitas leher pada kasus *forward head posture* akibat penggunaan *smartphone*. **Metode :** Penelitian ini bersifat *quasi experiment* dengan sampel terdiri dari 16 orang yang dipilih berdasarkan teknik *matching allocation* dan dikelompokan menjadi 2 kelompok masing-masing kelompok terdiri dari 8 orang, kelompok perlakuan I dengan *postural correction exercise* dan kelompok perlakuan II *sustained natural apophyseal glide extension cervical* dengan *postural correction exercise* **Hasil :** Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal, sedangkan uji homogenitas dengan *Levene's Test* didapatkan data memiliki varian homogen. Hasil Uji hipotesa I dengan *Paired Sample T-Test*, didapatkan nilai $p=0,000$ ($p<\alpha=0,005$). Uji hipotesa II, didapatkan nilai $p=0,000$ ($p<\alpha=0,005$) yang berarti pemberian latihan pada kedua kelompok perlakuan dapat meningkatkan mobilitas pada kasus *forward head posture* akibat penggunaan *smartphone*. Pada hasil *T-Test Independent* menunjukkan nilai $p=0,004$ ($p<\alpha=0,005$) yang berarti terdapat perbedaan pengaruh yang signifikan antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan :** Ada perbedaan antara antara efek penambahan *sustained natural apophyseal glide extension cervical* pada *postural correction exercise* dalam meningkatkan mobilitas leher pada kasus *forward head posture* akibat penggunaan *smartphone*

Kata Kunci : *sustained natural apophyseal glide extension cervical, postural correction exercise, mobilitas leher, kasus forward head posture, smartphone*

ABSTRACT



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THE DIFFERENCE IN THE EFFECT OF ADDING SUSTAINED NATURAL APOPHYSEAL GLIDE EXTENSION CERVICAL INPOSTURAL CORRECTION EXERCISE FOR INCREASING NECK MOBILITY IN CASE OF FORWARD HEAD POSTURE DUE TO SMARTPHONE

Consists of VI Chapters, 103 Pages, 12 Tables, 10 Images, 3 Schemes,

Objectives : This research aimed to know difference between postural correction exercise and sustained natural apophyseal glide extension cervical with postural correction exercise for increasing neck mobility in case of forward head posture due to smartphone.

Method : The research was quasi experimental with the sample consist of 16 people choosen based on matching allocation technique and divided into 2 groups with each of group consist of 8 respondent. The group of first intervention with postural correction exercise. The group of second intervention with sustained natural apophyseal glide extension cervical and postural correction exercise. **Result:** The normal distribution data with normality test found by using Saphiro Wilk Test. Meanwhile, the various homogen data with homogeneity test found by using Levene's Test. The result of first hypothesis test with Paired Sample T-Test, can be found the value of $p = 0,000$ ($p < \alpha = 0,005$). The second hypothesis test, it can be found the value of $p = 0,000$ ($p < \alpha = 0,005$). Which means giving the intervention to the both of groups can improve neck mobility in case of forward head posture due to smartphone. The result T-Test Independent showed the value of $p = 0,004$ ($p < \alpha = 0,005$), which means the addiction sustained natural apophyseal glide extension cervical on postural correction exercise has a significant effect to improve neck mobility in case of forward head posture due to smartphone. **Conclusion:** There is a significant difference of adding sustained natural apophyseal glide extension cervical in postural correction exercise for increasing neck mobility in case of forward head posture due to smartphone

Keywords : sustained natural apophyseal glide extension cervical, postural correction exercise, neck mobility, forward head posture, smartphone