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PERBEDAAN EFEK ANTARA PENAMBAHAN *DYNAMIC NEUROMUSCULAR STABILIZATION* DENGAN *POSTURAL CORRECTIVE EXERCISE* PADA *STRETCHING* TERHADAP PENURUNAN DISABILITAS *MYOGENIC LOW BACK PAIN*

Terdiri dari VI Bab, 60 Halaman, 18 Gambar, 9 Tabel, 4 Skema, 7 Lampiran

Penelitian ini bertujuan untuk mengetahui perbedaan penambahan DNS dengan PCE pada *stretching* terhadap penurunan disabilitas *myogenic* LBP. Metode penelitian ini bersifat *quasi experiment* dengan *pre-post test two group design*. Sampel merupakan pekerja penjahit dan jumlah sampel ditentukan berdasarkan teknik Arikunto dan dipilih menggunakan *purposive sampling* berdasarkan pemeriksaan fisioterapi yang disesuaikan dengan kriteria inklusi dan eksklusi, dimana yang memenuhi untuk menjadi sampel penelitian berjumlah 28 orang dan dibagi secara acak menjadi 2 kelompok perlakuan dengan masing-masing kelompok berjumlah 14 orang. Kelompok I dengan perlakuan DNS dan *stretching* dan kelompok II dengan perlakuan PCE dan *stretching*. Intervensi dilakukan selama 3 minggu dengan frekuensi selama 3 kali dalam seminggu. Alat ukur yang digunakan untuk mengukur disabilitas adalah *modified oswestry disability index*. Hasil penelitian didapatkan uji normalitas dengan Shapiro Wilk *test* didapatkan data berdistribusi normal dan uji homogenitas dengan Levene's *test* didapatkan varian bersifat homogen. Hasil uji hipotesis I dan II dengan *Paired sample T-test*, didapatkan $p\text{-value} < 0.0001$ ($p\text{-value} < 0.05$). Dan uji hipotesa III dengan *Independent sample T-test* menunjukkan nilai $p\text{-value} = 0.006$ ($p\text{-value} < 0.05$). Sebagai kesimpulan, didapatkan ada perbedaan efek antara penambahan DNS dengan PCE pada *stretching* terhadap penurunan disabilitas *myogenic* LBP.

Kata kunci: DNS, PCE, *stretching*, disabilitas *myogenic* LBP.



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ABSTRACT

THE DIFFERENCES BETWEEN THE ADDITION OF DYNAMIC NEUROMUSCULAR STABILIZATION AND POSTURAL CORRECTIVE EXERCISE IN STRETCHING ON DECREASING MYOGENIC LBP DISABILITY

Consists of VI Chapters, 60 Pages, 18 Images, 9 Tables, 4 Schemes, 7 Attachment

The purpose of the research was to find out the differences between the addition of DNS and PCE in stretching on decreasing myogenic LBP disability. Methods that this research used was quasi experimental method with pre and post two group design. The samples of the research were trailor workers, and the amount of samples were based on Arikunto's formula and used purposive sampling methods which based on physiotherapy assessment and adjusted with inclusi and exclusi criteria, and 28 people were chosen for the samples then randomly divided into 2 groups with each of the group with 14 people. Group I was given DNS and stretching treatment, while group II was given PCE and stretching. The measuring instrument in this research was using modified oswestry disability index. Result of the research, such as normality test with Shapiro wilk and homogeneity with Levene test were obtained normal. The hypothesis I and II test result using Paired sample T-test shows that $p\text{-value} < 0.0001$ ($p\text{-value} < 0.05$). Meanwhile, the hypothesis III test result using Independent sample T-test shows that $p\text{-value} = 0.006$ ($p\text{-value} < 0.05$). As the conclusions of the research, there was an difference effect between the addition of DNS and PCE in stretching on decreasing myogenic LBP disability.

Keywords: DNS, PCE, stretching, myogenic LBP disability.