

ABSTRAK



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HUBUNGAN FORWARD HEAD POSTURE TERHADAP TIMBULNYA NYERI LEHER NON SPESIFIK PADA PEKERJA BACK OFFICE

Terdiri VI Bab, 43 Halaman, 7 Tabel, 2 Gambar, 7 Grafik, 10 Lampiran

Tujuan: Penelitian ini untuk mengetahui hubungan forward head posture terhadap timbulnya nyeri leher non spesifik pada pekerja back office. **Metode :** Penelitian ini merupakan penelitian observasional/survei. Penelitian ini bersifat deskriptif kuantitatif dengan tipe studi korelasi. Sampel dipilih menggunakan teknik *purposive sampling*. Sampel terdiri dari 30 orang pada karyawan administrasi RSAB Harapan Kita, Jakarta Barat, dimana *forward head posture* diukur melalui sudut *craniovertebral angle* (CVA) dengan metode *photogrammetry* dan nyeri leher non spesifik menggunakan kuisisioner *neck disability index* (NDI). **Hasil :** Pada penelitian ini rerata dan simpangan baku derajat forward head posture yaitu, $39,88 \pm 4,66$ sedangkan nyeri leher non spesifik memiliki rerata dan simpangan baku $20,20 \pm 5,88$. Uji normalitas dengan *kolmogorov smirnov test* didapatkan data berdistribusi normal. Hasil uji hipotesis dengan uji korelasi *pearson product moment*, didapatkan $p < 0,0001$ pada derajat *forward head posture* dan nyeri leher non spesifik serta nilai $r = -0,731$. **Kesimpulan :** Terdapat korelasi positif antara *forward head posture* terhadap timbulnya nyeri leher non spesifik dengan kekuatan korelasi kuat.

Kata Kunci : Forward Head Posture, Nyeri Leher Non Spesifik, CVA, NDI, Photogrammetry.

ABSTRACT



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CORRELATION BETWEEN FORWARD HEAD POSTURE ON NON-SPECIFIC NECK PAIN IN BACK OFFICE WORKERS

Consists of VI Chapter, 43 Pages, 7 Tables, 2 Images, 7 Grafik, 10 Appendix

Objective : This study to find out the correlation between forward head posture and the incidence of non-specific neck pain in back office workers. **Methods** : This study was a type of quantitative descriptive with correlation type of study. Samples were chosen based on purposive sampling technique. The sample consisted of 30 administration employees of RSAB Harapan Kita, West Jakarta forward head posture was measured using the craniovertebral angle (CVA) with the photogrammetric method and non-specific neck pain using neck disability index (NDI) questionnaire. **Results** : Mean and standard deviation of forward head posture was 39.88 ± 4.66 , while mean and standard deviation of non-specific neck pain are 20.20 ± 5.88 . Normality test with kolmogorov smirnov test obtained data with normal distribution. The results of hypothesis testing with pearson product moment correlation test, obtained with $p < 0.0001$ on the degree of advanced head posture and non-specific neck pain and the value of $r = -0.731$. **Conclusion** : There is a positive relationship between forward head posture and the incidence of non-specific neck pain with a strong correlation strength.

Keywords: Forward Head Posture, Non Specific Neck Pain, CVA, NDI, Photogrammetry.