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**PENAMBAHAN MC KENZIE EXERCISE PADA POSTURAL ERGONOMIC CORRECTION (PEC) TERHADAP PENURUNAN DISABILITAS LEHER PADA MECHANICAL NECK PAIN**

Terdiri VI Bab, 87 Halaman, 3 Tabel, 11 Gambar, 3 Skema, 6 Lampiran

**Tujuan:** mengetahui perbedaan penambahan *Mc Kenzie exercise* pada PEC terhadap penurunan disabilitas *mechanical neck pain*. **Metode:** penelitian ini bersifat *quasi experiment* dengan *pre-post test two group design* dengan sampel merupakan pekerja kantoran. Sampel diambil dari populasi pekerja kantoran di Kantor Metranet berjumlah 120 orang, pengambilan sampel dengan *purposive sampling* sesuai dengan kriteria inklusi. Berdasarkan rumus *Pocock* berjumlah 26 orang. Dibagi dalam dua kelompok secara acak masing-masing kelompok berjumlah 13 orang. Kelompok kontrol dengan perlakuan PEC dan kelompok perlakuan dengan perlakuan PEC dan *Mc Kenzie exercise*. Intervensi dilakukan selama 4 minggu dengan frekuensi selama 3 kali dalam seminggu. Alat ukur yang di gunakan untuk mengukur disabilitas adalah *neck disability index*. **Hasil:** sampel berdistribusi normal dan bersifat homogen. Hasil uji hipotesis I dan II dengan *Paired sample t-test*, keduanya didapatkan nilai  $p < 0.0001$  ( $p\text{-value} < 0.001$ ). Dan uji hipotesa III dengan *Independent sample t-test* menunjukkan nilai  $p = 0.009$ . **Simpulan:** Penambahan *Mc Kenzie exercise* pada PEC lebih menurunkan disabilitas leher pada *mechanical neck pain*.

**Kata Kunci:** Penambahan *Mc Kenzie exercise*, *postural ergonomic correction*, *mechanical neck pain*.



UNDERGRADUATE THESIS, 2022

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**ADDITION OF MC KENZIE EXERCISE TO POSTURAL ERGONOMIC CORRECTION (PEC) TO DECREASE NECK DISABILITY IN MECHANICAL NECK PAIN.**

Consist VI Chapters, 87 Pages, 3 Tables, 11 Pictures, 3 Scheme, 6 Attachment

**Objective:** To determine the difference between the addition of Mc Kenzie exercise in PEC to decrease mechanical neck pain disability. **Methods:** This research is a quasi-experimental study with a pre-post test two-group design with a sample of office workers. Samples were taken from the population of office workers in the Metranet Office totaling 120 people, sampling by purposive sampling in accordance with the inclusion criteria. Based on Pocock's formula, there are 26 people. Divided into two groups randomly each group amounted to 13 people. The control group was treated with PEC and the treatment group was treated with PEC and Mc Kenzie exercise. The intervention was carried out for 4 weeks with a frequency of 3 times a week. The measuring instrument used to measure disability in the neck disability index. **Result:** the sample is normally distributed and homogeneous. The results of hypothesis testing I and II with Paired sample t-test, both obtained  $p\text{-value} < 0.0001$  ( $p\text{-value} < 0.001$ ). And the third hypothesis test with an Independent sample t-test showed  $p\text{-value} = 0.009$ .

**Conclusion:** there is a different effect between the addition of Mc Kenzie exercise on PEC on the reduction of mechanical neck pain disability.

**Keywords:** *Added Mc Kenzie exercise, postural ergonomic correction, mechanical neck pain.*