

## DAFTAR ISI

LEMBAR PERSETUJUAN SIDANG SKRIPSI	.iError! Bookmark not defined.
SURAT PERNYATAAN KEASLIAN .....	Error! Bookmark not defined.
ABSTRAK.....	Error! Bookmark not defined.
KATA PENGANTAR .....	Error! Bookmark not defined.
DAFTAR ISI .....	iii
DAFTAR GAMBAR.....	v
DAFTAR TABEL .....	vi
DAFTAR SKEMA .....	vii
DAFTAR SINGKATAN .....	viii
DAFTAR LAMPIRAN .....	ix
BAB I.....	1
PENDAHULUAN .....	1
A. Latar Belakang.....	1
B. Identifikasi Masalah.....	3
C. Rumusan Masalah.....	4
D. Tujuan Penelitian .....	5
BAB II .....	6
KAJIAN TEORI DAN HIPOTESIS .....	6
A. Deskripsi Teoritis.....	6
B. Kerangka Berpikir.....	31
C. Kerangka Konsep.....	34
D. Hipotesis .....	35
BAB III .....	36
METODE PENELITIAN .....	36
A. Tempat dan Waktu Penelitian.....	36
B. Metode dan Desain Penelitian .....	36
C. Populasi dan Sampel.....	38
D. Instrumen Penelitian dan Variabel Penelitian.....	40
E. Teknik Analitis Data.....	44

BAB IV.....	47
HASIL PENELITIAN .....	47
A. Deskripsi Data .....	47
B. Uji Persyaratan Analisis .....	49
BAB V .....	53
PEMBAHASAN.....	53
A. Deskripsi Data Penelitian.....	53
B. Keterbatasan.....	58
BAB VI.....	59
KESIMPULAN DAN SARAN .....	59
A. Kesimpulan.....	59
B. Saran .....	59
DAFTAR PUSTAKA.....	60
DAFTAR LAMPIRAN .....	53

**DAFTAR GAMBAR**

Gambar 2.1 Cervical Vertebrae .....	8
Gambar 2.2 Sendi Atlanto Occipital.....	9
Gambar 2.3 Sendi Atlanto Axial.....	9
Gambar 2.4 Sendi Facet.....	10
Gambar 2.5 Sendi Uncinate.....	11
Gambar 2.6 Diskus Intervertebralis.....	11
Gambar 2.7 Ligamen Regio Cervical .....	14
Gambar 2.8 Biomekanik Fleksi Regio Cervical .....	16
Gambar 2.9 Biomekanik Ekstensi Regio Cervical .....	16
Gambar 2.10 Biomekanik Lateral Fleksi Regio Cervical .....	16
Gambar 2.11 Biomekanik Rotasi Regio Cervical .....	17

**DAFTAR TABEL**

Tabel 2.1 Otot-Otot Regio Cervical.....	12
Tabel 3.1 Latihan Postural Ergonomic Correction .....	42
Tabel 3.2 Interpretasi <i>Neck Disability Index</i> .....	46
Tabel 4.1 Distribusi sampel berdasarkan jenis kelamin, usia, dan durasi kerja ...	48
Tabel 4.2 Nilai NDI pada disabilitas leher kelompok kontrol dan perlakuan .....	48
Tabel 4.3 Uji normalitas dan homogenitas data .....	49
Tabel 4.4 Uji Hipotesis I dan II .....	51
Tabel 4.5 Uji Hipotesis III.....	51

**DAFTAR SKEMA**

Skema 2.1 Kerangka Berpikir .....	33
Skema 2.2 Kerangka Konsep.....	34
Skema 3.1 Kelompok Kontrol .....	37
Skema 3.2 Kelompok Perlakuan.....	38



**DAFTAR SINGKATAN**

- IMT : Indeks Massa Tubuh  
MDC : *Minimal Detectable Change*  
MNP : *Mechanical Neck Pain*  
NDI : *Neck Disability Index*  
PEC : *Postural Ergonomic Correction*  
SPSS : *Statistical Program for Social Science*  
ULTT : Upper Limb Tension Test  
WRMDs : *Work Related Musculoskeletal Disorders*

**DAFTAR LAMPIRAN**

Lampiran 1 *Informed Consent*

Lampiran 2 Data Statistik

Lampiran 3 Kuesioner *Neck Disability Index*

Lampiran 4 Data Sampel Kelompok Kontrol

Lampiran 5 Data Sampel Kelompok Perlakuan

Lampiran 6 Dokumentasi Latihan









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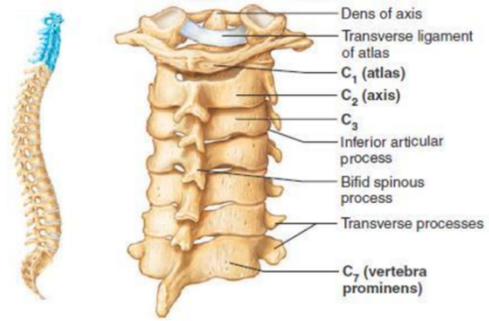
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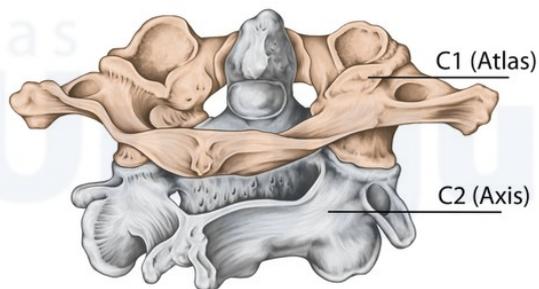
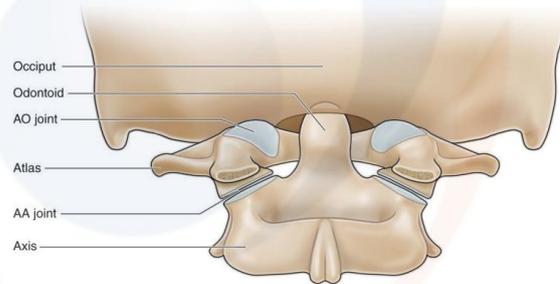
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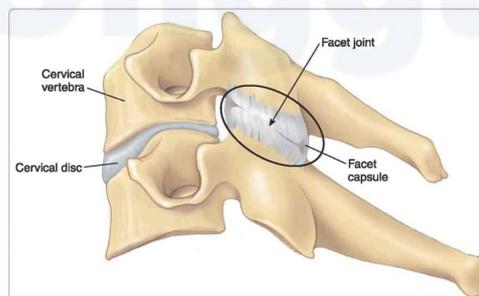


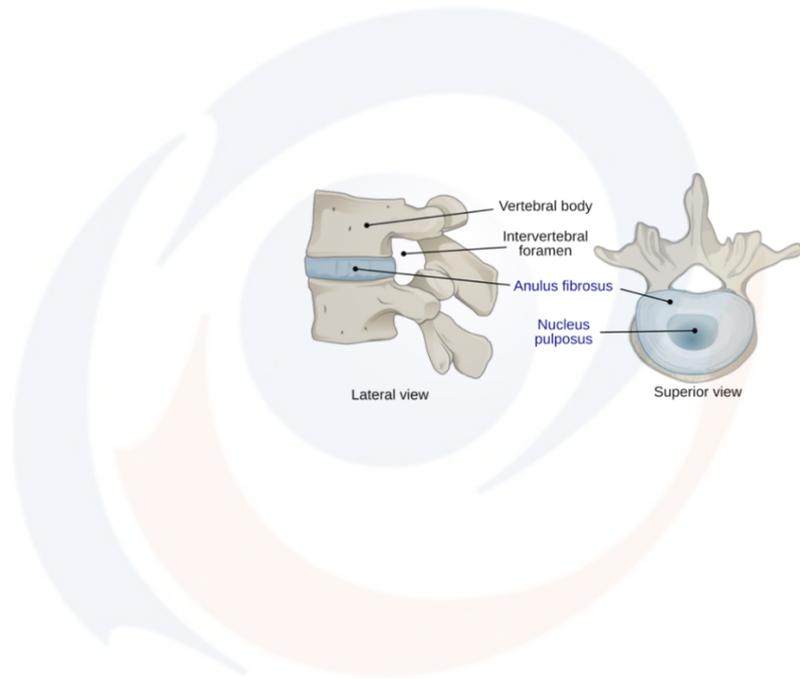
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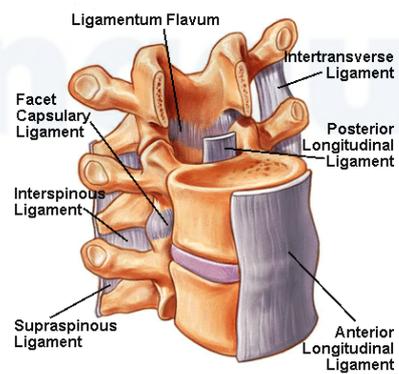




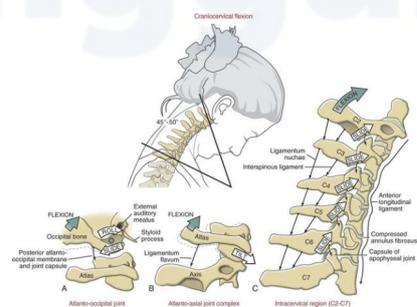


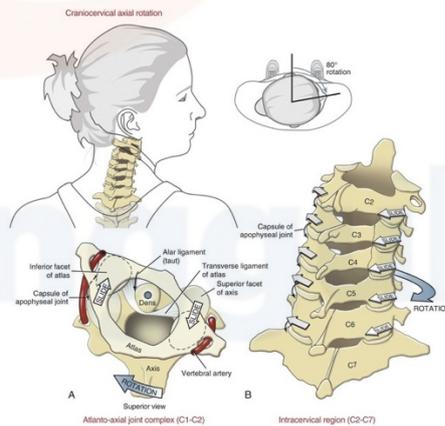
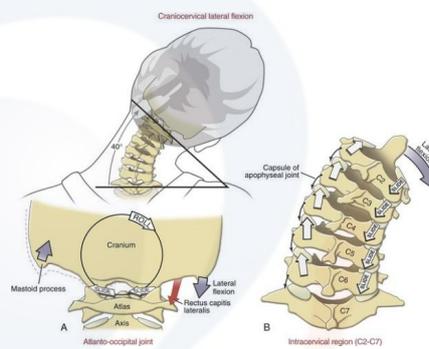
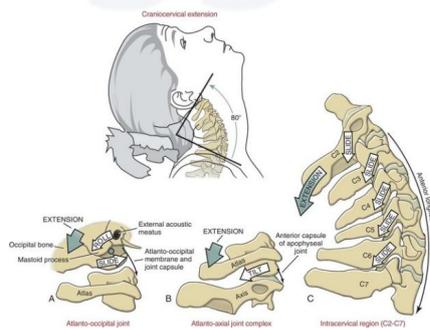






























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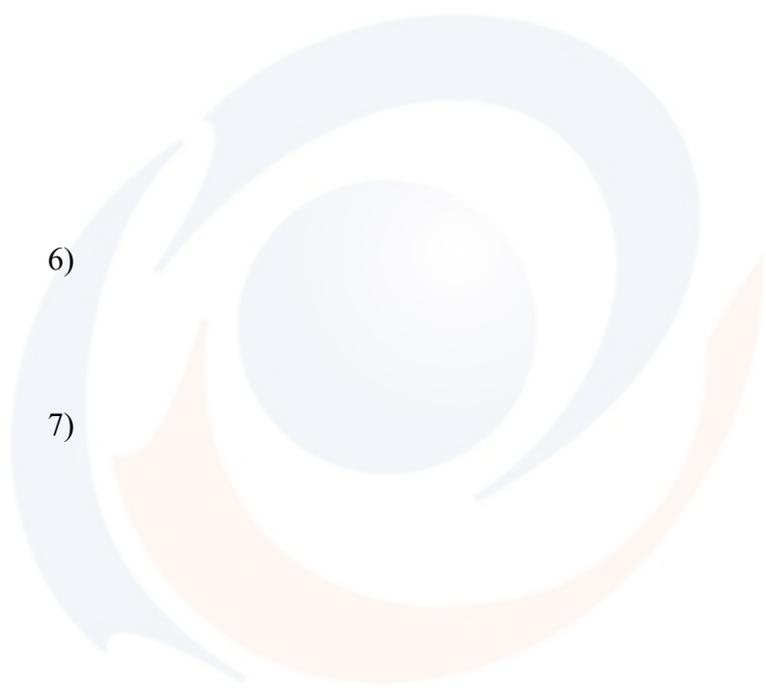
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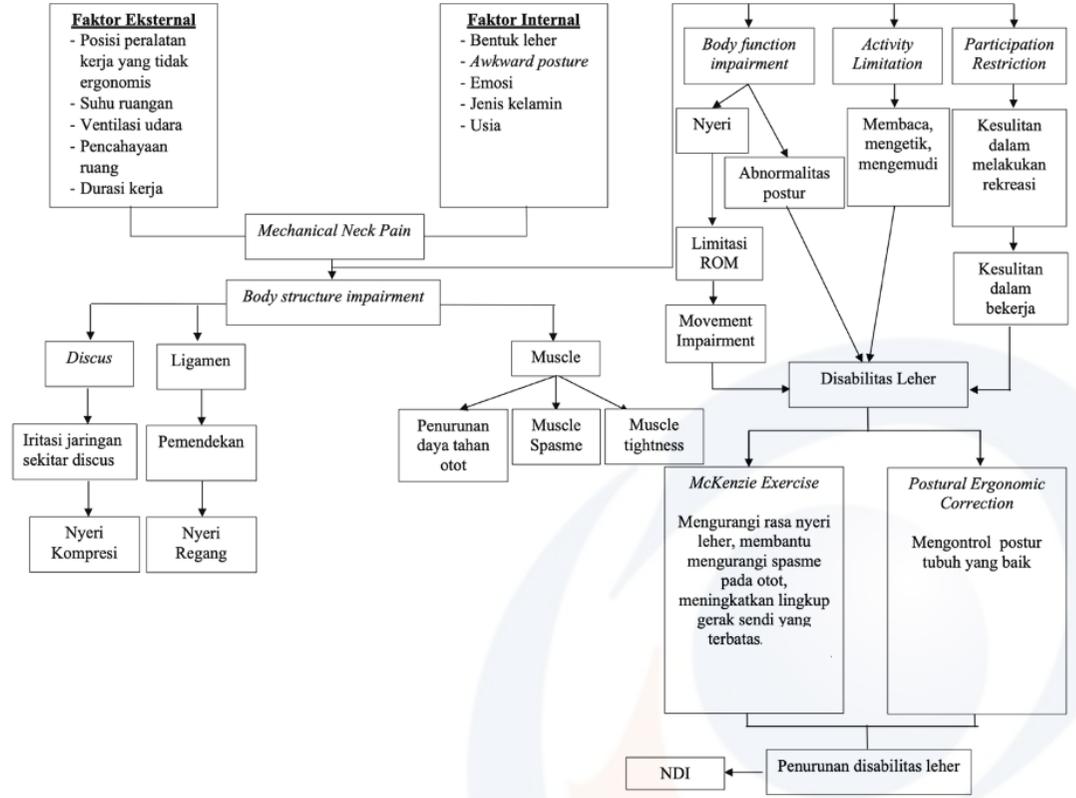


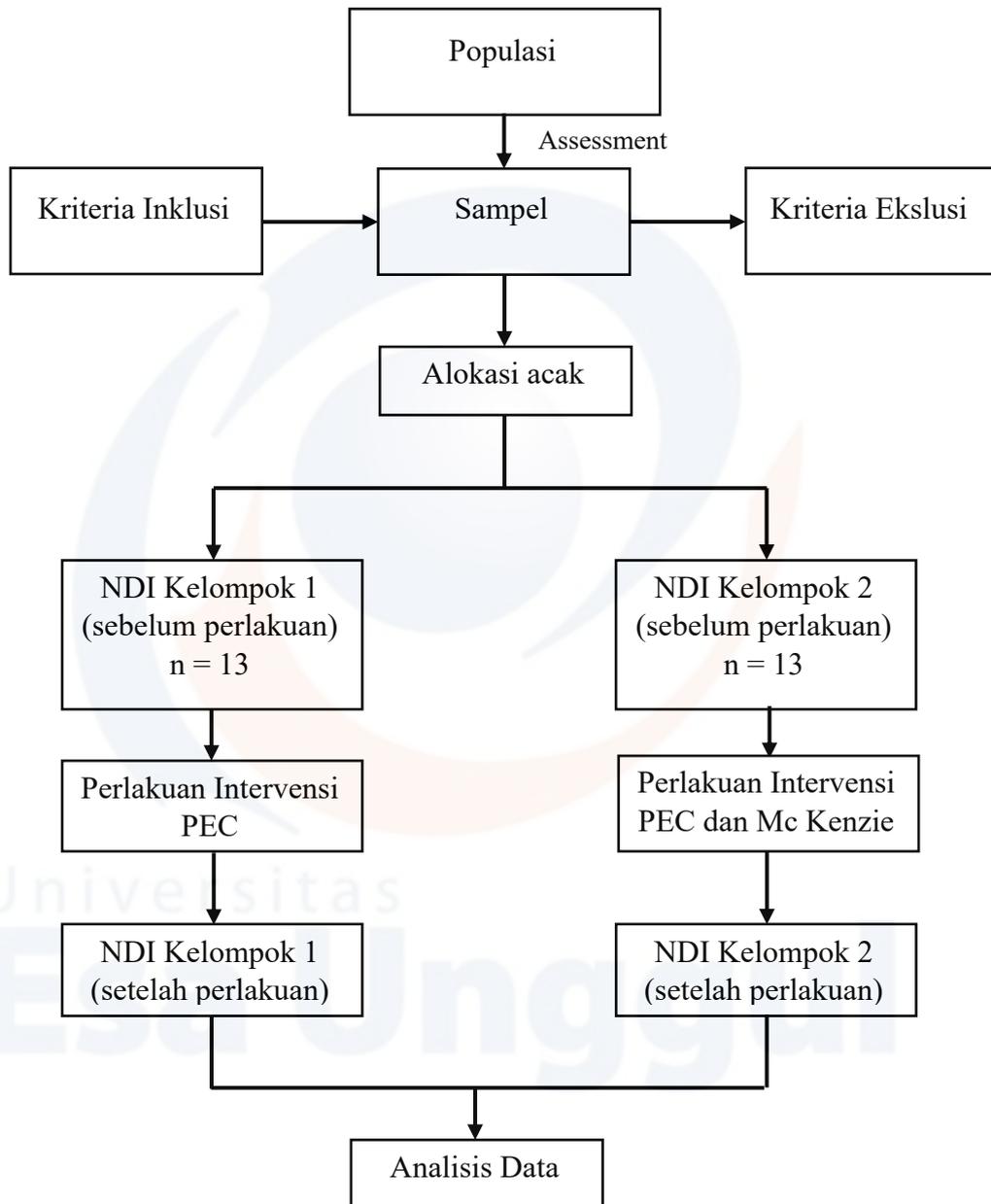








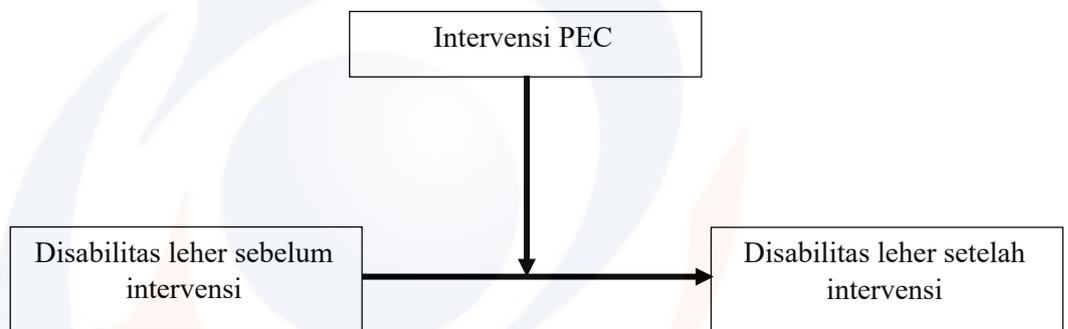


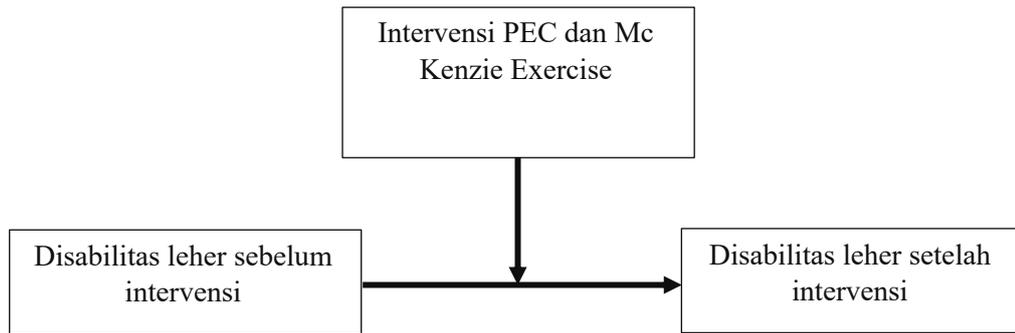


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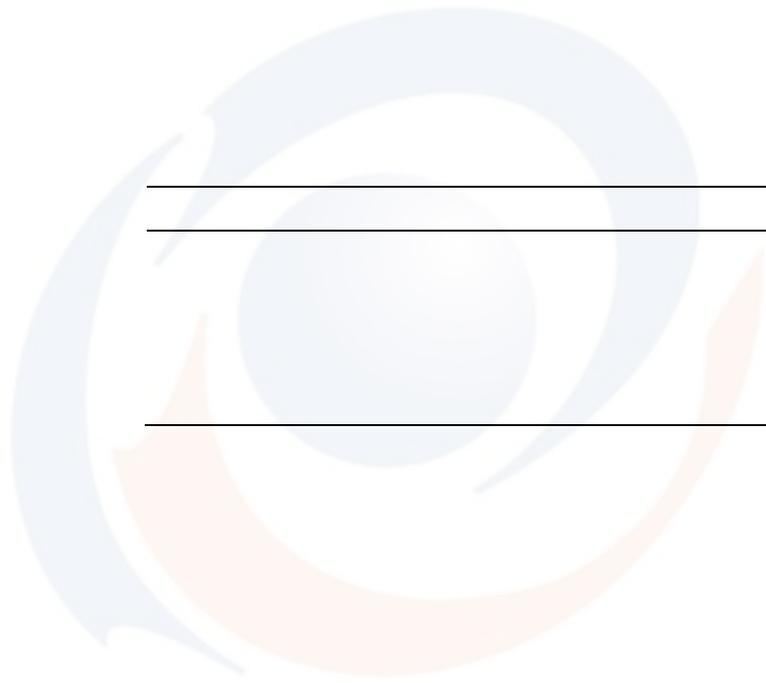
















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Independent Samples Test										
		Levene's Test for Equality of Variances				t-test for Equality of Means			95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Hasil NDI	Equal variance	6.343	.019	2.863	24	.009	2.923	1.021	.816	5.030
	Equal variance not assumed			2.863	18.254	.010	2.923	1.021	.780	5.066











