

## ABSTRAK



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### **PENGARUH *MOTOR CONTROL EXERCISE* TERHADAP PENURUNAN NYERI LEHER YANG BERBASIS TELE FISIO PADA MAHASISWA UEU**

Terdiri dari VI bab, 63 Halaman, 8 Gambar, 3 Skema, 8 Tabel, 7 Lampiran

**Tujuan:** Untuk membuktikan perbedaan pengaruh *motor control exercise* terhadap penurunan nyeri yang berbasis tele fisio pada mahasiswa UEU. **Metode:** Penelitian ini menggunakan teknik pengambilan sampel berupa *purposive random sampling*. Penelitian ini menggunakan desain yang berupa *pretest-posttest* dengan *control group* dengan jumlah sampel 24 orang dan dialokasikan menjadi 2 kelompok. **Hasil:** Uji normalitas menggunakan *Shapiro-Wilk test* didapatkan data berdistribusi normal. Hasil uji hipotesis I dan II menunjukkan nilai  $p=0,003$  pada kelompok perlakuan sedangkan kelompok kontrol 0,002. Nilai  $p < \alpha$  (0,05) maka  $H_0$  diterima. Sehingga dapat disimpulkan bahwa terdapat pengaruh pemberian intervensi *motor control exercise* terhadap penurunan nyeri leher. Sedangkan pada hasil uji hipotesis III menunjukkan nilai  $p=0,758 > \alpha$  (0,05) maka  $H_0$  ditolak sehingga disimpulkan bahwa tidak terdapat perbedaan yang signifikan antar sehingga dapat disimpulkan bahwa terdapat pengaruh pemberian intervensi *motor control exercise* terhadap penurunan nyeri leher. **Kesimpulan:** Terdapat pengaruh *motor control exercise* terhadap penurunan nyeri leher pada mahasiswa UEU.

Kata Kunci : *Motor control exercise*, Nyeri Leher

## ABSTRACT



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### **THE EFFECT OF MOTOR CONTROL EXERCISE ON TELE PHYSIO-BASED REDUCTION OF NECK PAIN IN UEU STUDENTS**

Consists of VI Chapters, 63 Pages, 8 Picture, 3 Schematics, 8 Tables, 7 Appendices

**Objective:** To prove the difference in the effect of motor control exercise on tele-physio-based pain reduction in UEU students. **Methods:** This study used a sampling technique in the form of purposive random sampling. This study used a design in the form of pretest-posttest with control group with a sample of 24 people and allocated into 2 groups. **Results:** Normality test using Shapiro-wilk test obtained data with normal distribution. The results of hypothesis testing I and II showed p value = 0.003 in the treatment group while the control group was 0.002. P value  $< \alpha(0.05)$  then  $H_0$  is accepted. So it can be concluded that there is an effect of giving motor control exercise intervention to reduce neck pain. While the results of the third hypothesis test showed p value =  $0.758 > \alpha(0.05)$  then  $H_0$  was rejected so it was concluded that there was no significant difference between so that it could be concluded that there was an effect of giving motor control exercise intervention to reduce neck pain. **Conclusion:** There is an effect of motor control exercise on reducing neck pain in UEU students.

**Keywords:** Motor Control Exercise, Neck Pain