

ABSTRAK



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PERBEDAAN EFEK *NECK EXERCISE* DAN *MCKENZIE EXERCISE* TERHADAP NYERI PADA KASUS *NECK PAIN* AKIBAT AKTIVITAS DENGAN KOMPUTER.

Terdiri dari VI Bab, 66 Halaman, 9 Tabel, 14 Gambar, 4 Skema, 7 Lampiran

Tujuan: Untuk mengetahui perbedaan efek *neck exercise* dan *McKenzie exercise* terhadap nyeri pada kasus *neck pain* akibat aktivitas dengan komputer. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan studi komparatif dua kelompok berbeda dengan *pretest* dan *posttest group*. Total sampel sebanyak 22 orang mahasiswa aktif kelas reguler fakultas fisioterapi universitas esa unggul angkatan 2019-2022 yang diperoleh dengan *purposive sampling*, kemudian dibagi menjadi dua kelompok dengan metode *randomization-allocation odd-even*. Data *pretest* dan *posttest* diukur dengan *numeric rating scale* (NRS). **Hasil:** Uji normalitas menggunakan *Shapiro Wilk test* didapatkan data berdistribusi normal dan tidak normal. Uji homogenitas menggunakan *Levene's test* didapatkan data bersifat homogen. Hasil uji hipotesis I dan II menggunakan *t-test related*, didapatkan hasil $p < 0,001$ yang artinya nilai p signifikan, yang artinya latihan *neck exercise* dan *McKenzie exercise* efektif dalam menurunkan nyeri pada kasus *neck pain* akibat aktivitas dengan komputer. Pada uji hipotesis III menggunakan *Mann-Whitney test*, didapatkan hasil $p = 0,466$ yang artinya nilai p tidak signifikan, yang artinya tidak ada perbedaan signifikan antara *neck exercise* dan *McKenzie exercise* dalam menurunkan nyeri pada kasus *neck pain* akibat aktivitas dengan komputer. **Kesimpulan:** *Neck exercise* efektif menurunkan nyeri pada kasus *neck pain* akibat aktivitas dengan komputer. *McKenzie exercise* efektif menurunkan nyeri pada kasus *neck pain* akibat aktivitas dengan komputer. Tidak ada perbedaan *neck exercise* dan *McKenzie exercise* dalam menurunkan nyeri pada kasus *neck pain* akibat aktivitas dengan komputer.

Kata Kunci: *neck exercise*, *McKenzie exercise*, *neck pain*

ABSTRACT



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DIFFERENCES IN THE EFFECTS OF NECK EXERCISE AND MCKENZIE EXERCISE ON PAIN IN CASES OF NECK PAIN DUE TO COMPUTER ACTIVITIES.

Consists of VI Chapters, 66 Pages, 9 Tables, 14 Images, 4 Schematics, 7 Appendix

Objective: To determine the difference in the effect of neck exercise and McKenzie exercise on pain in cases of neck pain due to activity with a computer. **Methods:** This research is descriptive quantitative with a comparative study of two different groups that are correlated with each other with pretest and posttest groups. The total sample was 22 active students of the regular class of physiotherapy faculty of Esa Unggul University class of 2019-2022 obtained by purposive sampling, then divided into two groups by the odd-even randomization-allocation method. Pretest and posttest data were measured by numeric rating scale (NRS). **Results:** Normality test using Shapiro Wilk test obtained normal and abnormal distributed data. Homogeneity test using Levene's test obtained homogeneous data. The results of hypothesis testing I and II using t-test related, obtained the results of $p < 0.001$ which means the p value is significant, which means that neck exercise and McKenzie exercise are effective in reducing pain in neck pain cases due to activities with computers. In the hypothesis III test using the Mann-Whitney test, the results obtained $p = 0.466$ which means the p value is not significant, which means there is no significant difference between neck exercise and McKenzie exercise in reducing pain in cases of neck pain due to activity with a computer. **Conclusion:** Neck exercise is effective in reducing pain in cases of neck pain due to computer activities. McKenzie exercise is effective in reducing pain in cases of neck pain due to computer activities. There is no difference between neck exercise and McKenzie exercise in reducing pain in cases of neck pain due to computer activities.

Keywords: neck exercise, McKenzie exercise, neck pain