

ABSTRAK



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PERBEDAAN EFEK INTERVENSI SELF MYOFASCIAL RELEASE DENGAN SELF CALF STRETCH TERHADAP TINGKAT NYERI PADA KASUS PLANTAR FASCITIS.

Terdiri dari VI Bab, 57 Halaman, 4 Gambar, 12 Tabel, 4 Skema, 11 Lampiran.

Tujuan: Tujuan penelitian ini adalah untuk mengetahui perbedaan efek intervensi *self-myofascial release* dengan *self-calf stretch* terhadap tingkat nyeri pada kasus *plantar fasciitis*. **Metode:** Penelitian ini bersifat quasi eksperimental dengan desain penelitian *pre and post test control group design*. Total sampel secara keseluruhan sebanyak 12 orang. Sampel dibagi menjadi dua kelompok perlakuan dengan masing-masing kelompok sebanyak 6 orang. Sampel dipilih berdasarkan *purposive sampling*. Pengukuran tingkat nyeri diukur menggunakan *visual analog scale* (VAS). **Hasil:** Hasil uji normalitas dengan *Shapiro Wilk test* didapatkan bahwa data berdistribusi normal, sedangkan uji homogenitas dengan *Levene's test* didapatkan data homogen. Hasil uji hipotesis I didapatkan nilai $p=0,001$, dan hasil uji hipotesis II didapatkan nilai $p=0,002$, sehingga menunjukkan bahwa masing-masing pemberian intervensi pada kelompok perlakuan I dan II dapat menurunkan tingkat nyeri pada kasus *plantar fasciitis*. Hasil uji hipotesis III didapatkan nilai $p=0,461$, sehingga dapat dikatakan bahwa tidak terdapat perbedaan yang signifikan antara kedua intervensi yang diberikan. **Kesimpulan:** Tidak terdapat perbedaan efek intervensi *self-myofascial release* dengan *self-calf stretch* terhadap penurunan tingkat nyeri pada kasus *plantar fasciitis*. Kedua intervensi sama-sama dapat menurunkan tingkat nyeri pada kasus *plantar fasciitis*.

Kata kunci: *Plantar Fasciitis, Self-Myofascial Release, Bola Tennis, Self-Calf Stretch, Perbedaan Efek Intervensi, Penurunan Nyeri, Visual Analog Scale.*

ABSTRACT



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DIFFERENCE EFFECTS OF SELF MYOFASCIAL RELEASE INTERVENTION WITH SELF CALF STRETCH ON PAIN LEVEL IN THE CASE OF PLANTAR FASCITIS.

Consists of VI Chapters, 57 Pages, 4 Pictures, 12 Tables, 4 Schematics, 11 Attachments.

Objective: *The purpose of this study was to determine the difference in the effect of self-myofascial release intervention with self-calf stretch on pain levels in plantar fasciitis cases. **Methods:** This study is a quasi-experimental research design with pre and post test control group design. The total sample as a whole is 12 people. The sample was divided into two treatment groups with 6 people in each group. Samples were selected based on purposive sampling. Measurement of pain level was measured using a visual analog scale (VAS). **Results:** The results of the normality test using the Shapiro Wilk test showed that the data were normally distributed, while the homogeneity test with Levene's test obtained homogeneous data. The results of the hypothesis test I obtained a p value = 0.001, and the results of the hypothesis test II obtained a p value = 0.002, indicating that each intervention in the treatment groups I and II can reduce the level of pain in the case of plantar fasciitis. Hypothesis III test results obtained p value = 0.461, so it can be said that there is no significant difference between the two interventions given. **Conclusion:** There is no difference in the effect of self-myofascial release intervention with self-calf stretch on reducing pain levels in plantar fasciitis cases. Both interventions can reduce pain levels in plantar fasciitis cases.*

Keywords: *Plantar Fasciitis, Self-Myofascial Release, Tennis Ball, Self-Calf Stretch, Different Intervention Effects, Pain Reduction, Visual Analog Scale.*