



ABSTRAK

SKRIPSI, Maret 2015
Irma Robbi Nurhayati
Program Studi S-1 Fisioterapi,
Fakultas Faisioterapi,
Universitas Esa Unggul

PENAMBAHAN *CERVICAL STABILIZATION EXERCISE* PADA *CONTRACT RELAX STRETCHING* LEBIH BAIK DALAM MENURUNKAN DISABILITAS LEHER AKIBAT MIALGIA PADA BEKERJA POSISI STATIS

Terdiri VI BAB, 98 Halaman, 11 Daftar Tabel, 14 Daftar Gambar, 5 Daftar Grafik, 4 Daftar Skema, 12 Lampiran

Tujuan Penelitian : Untuk mengetahui perbedaan penambahan *cervical stabilization exercise* pada *contract relax stretching* lebih baik dalam menurunkan disabilitas leher pada mialgia akibat bekerja posisi statis. Populasi adalah pekerja/pegawai yang didepan layar komputer dilingkungan kelurahan Duri Kepa, Jakarta Barat selama 2 minggu, pada bulan Januari 2015. **Metode :** Penelitian ini merupakan jenis penelitian eksperimental dengan desain *pre-post test group design*. Sampel ini diperoleh dengan metode purposive sampling sebanyak 18 orang, dibagi menjadi dua kelompok masing-masing 9 orang. Kelompok kontrol dengan *contract relax stretching*, kelompok perlakuan dengan *contract relax stretching* dengan *cervical stabilization exercise*. **Hasil :** Hasil uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian yang homogen. Hasil uji hipotesis pada kelompok kontrol dengan *Paired sample t-test* didapatkan nilai $p=0.001$ yang berarti intervensi *contract relax stretching* dapat menurunkan disabilitas leher akibat mialgia pada bekerja posisi statis. Pada kelompok perlakuan dengan *Paired sample t-test* didapatkan nilai $p=0.001$ yang berarti intervensi *cervical stabilization exercise* dengan *contract relax stretching* dapat menurunkan disabilitas leher akibat mialgia pada bekerja posisi statis. Pada hasil *Independent sample t-test* menunjukkan nilai $p=0.008$ yang berarti ada perbedaan pengaruh yang signifikan pada penurunan disabilitas leher antara kelompok kontrol dan kelompok perlakuan. **Kesimpulan :** Penambahan *cervical stabilization exercise* pada *contract relax stretching* lebih baik dalam menurunkan disabilitas leher akibat mialgia pada bekerja posisi statis.

Kata Kunci : *Cervical stabilization exercise*, *Contract relax stretching*, Disabilitas leher.



ABSTRACT

UNDERGRADUATED THESIS, MARCH 2015

IRMA ROBBI NURHAYATI

Faculty Of Physiotherapy

Esa Unggul University

THE CERVICAL STABILIZATION EXERCISE ON CONTRACT RELAXES STRETCHING OF BETTER FOR DECREASE NECK DISABILITY TO MYALGIA DUE ON WORK STATIC POSITION

Consisting VI chapter , 98 page , 11 a list of table , 14 a list of a picture , 5 a list of a graph , 4 a list of the scheme , 12 attachment

The purpose of the research: to find out the difference the addition of cervical stabilization exercise on contract relax stretching is better in the decrease neck on disability due to a static position works myalgia. The population was workers/employees in front of a computer screen surroundings villages Duri Kepa, West Jakarta, for two weeks in January 2015. **Method:** this study is a type of experimental research with the design of pre-post test group design. This sample is obtained by purposive sampling methods by as much as 18 people, divided into two groups each of 9 people. The control group with contract relax stretching, the group's treatment with contract relax stretching with cervical stabilization exercise. **Results:** test results with Shapiro wilk normality test obtained by gaussian normal while its homogeneity test with Levene's test obtained has a homogeneous variant. Hypothesis test results in the control group with Paired sample t-test is obtained value $p=0.001$ which means intervention relaxes stretching contract could reduce disability the neck due to myalgia on work position static. In the treatment group with paired sample t-test been gained value $p = 0.001$ which means intervention cervical stabilization exercise contract with relaxes stretching can be lowered disability the neck due to myalgia on work position static. On the outcome of Independent sample t-test indicate the value $p = 0.008$ which means there is a difference in significant influence on decrease disability the neck between control and treatment groups. **Conclusion:** the cervical stabilization exercise on stretching contract relaxes of better for decrease neck disability myalgia due on work static position.

Keywords : cervical stabilization exercise, contract relaxes stretching, disability the neck.