



ABSTRAK

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EFEKTIFITAS PENAMBAHAN POSTURAL CORRECTION EXERCISE PADA INTERVENSI MUSCLE ENERGY TECHNIQUE KASUS FORWARD HEAD POSTURE

Terdiri dari VI Bab, 135 Halaman, 22 Tabel, 14 Gambar, 5 Grafik, 4 Skema, 4 Lampiran 1 (Tabel Asesmen), Lampiran 2 (Inform concent), Lampiran 3 (Lembar pengumpulan data), Lampiran 4 (Uji SPSS).

Tujuan: untuk mengetahui perbedaan efektifitas pemberian *Muscle Energy Technique* dengan *Postural Correction Exercise* dan *Muscle Energy Technique* terhadap kemampuan fungsional leher pada kasus forward head posture. **Metode:** penelitian ini bersifat *quasi experiment* dengan *pre test-post test design control group*, dimana disabilitas leher diukur menggunakan *Neck Disability Index*, dan range of motion ekstensi cervical menggunakan inclinometer. Sample terdiri dari 16 orang dan dibagi menjadi 2 kelompok, kelompok kontrol terdiri dari 8 orang sample dengan intervensi yang diberikan adalah *Muscle Energy Technique* dan kelompok perlakuan terdiri dari 8 orang sample dengan intervensi yang diberikan adalah *Postural Correction Exercise* dan *Muscle Energy Technique*. **Hasil:** uji normalitas dengan *shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *levene's test* didapatkan data memiliki varian homogen. Hasil uji hipotesa pada kelompok kontrol dengan *Paired Sample t-Test*, didapatkan nilai $p=0,000$ yang berarti intervensi *Muscle Energy Technique* efektif meningkatkan kemampuan fungsional leher pada kasus forward head posture. Pada kelompok perlakuan dengan *Paired Sampel t-Test*, didapatkan nilai $p=0,000$ yang berarti *Postural Correction Exercise* efektif meningkatkan kemampuan fungsional leher pada kasus forward head posture. Pada hasil *Independent Sample t-Test* menunjukkan nilai $p=0,034$ yang berarti penambahan *Postural Correction Exercise* pada *Muscle Energy Technique* mempunyai efek yang signifikan terhadap peningkatan kemampuan fungsional leher pada kasus forward head posture. **Kesimpulan:** Ada perbedaan efektifitas penambahan *Postural Correction Exercise* pada *Muscle Energy Technique* terhadap peningkatan kemampuan fungsional leher pada kasus forward head posture secara signifikan.

Kata Kunci : *Muscle Energy Technique, Postural Correction Exercise, Kemampuan fungsional leher, Forward Head Posture.*

Objective: To determine differences effectiveness of Muscle Energy Techniques with Postural Correction Exercise and Muscle Energy Techniques for the neck functional ability in a case of Forward Head Posture. **Methods:** This study is a quasi experiment with pretest-posttest control group design, which the disability of neck is measured by Neck Disability Index and the cervical extention ROM using an inclinometer. Sample consist of 16 person which is grouped into a two groups, the control group consisted of 8 samples with the intervention provided is Muscle Energy Techniques and the treatment group consisted of 8 samples with the intervention provided is Postural Correction Exercise and Muscle Energy Techniques. **Results:** Shapiro Wilk normality test normal distribution of data obtained while the homogeneity test with levene's test data obtained has a homogeneous variant. The results of hypothesis testing in the control group with Paired Sample t-Test, p value = 0.000 which means the Muscle Energy Techniques is effective improves neck functional ability in a case of Forward Head Posture. In the treatment group Paired samples t-test, p value = 0.000 which means Postural Correctoin Exercise effectively improve the neck functional ability in a case of Forward Head Posture. The results of the Independent Sample t-Test showed a value of 0.034 which means the addition of Postural Correction Exercise on Muscle Energy Techniques has a significant effect to increased the neck functional ability in a case of Forward Head Posture. **Conclusions:** There is a significant differences of effectiveness by adding the Postural Correction Exercise on Muscle Energy Techniques for neck functional ability in a case of Forward Head Posture.

Keywords: Muscle Energy Technique, Postural Correction Exercise, Neck Functional Ability, Forward Head Posture.