

## ABSTRAK

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### **Pengaruh Pemberian *Mckenzie Cervical Exercise* Terhadap Aktivitas Fungsional Leher Pada Pekerja Penjahit**

**Pendahuluan:** Aktivitas fungsional leher adalah kemampuan melakukan gerakan-gerakan leher seperti melihat langit-langit atap atau melihat ke atas, melihat ke bawah, dan memutar kepala ke segala arah atau ke samping. *Mckenzie cervical exercise* ini merupakan suatu bentuk terapi latihan yang mempunyai efek mengurangi rasa nyeri yang ada pada leher, meningkatkan fleksibilitas otot leher, mengurangi spasme atau ketegangan otot, meningkatkan (LGS) lingkup gerakan pada sendi, dan dapat memberikan pengembalian pada postur leher pada posisi awalnya.

**Tujuan:** Penelitian ini memiliki tujuan untuk mengetahui adanya pengaruh pemberian *Mckenzie cervical exercise* terhadap aktivitas fungsional leher pada pekerja penjahit.

**Metode Penelitian:** Metode penelitian kuantitatif *eksperimental design* dengan *one group pretest posttest design* tanpa kelompok kontrol. Teknik *purposive sampling* dengan 25 responden. *Mckenzie cervical exercise* diberikan 3 kali setiap minggu selama 2 minggu dari tanggal 6 juli 2024 – 2 juli 2024. Hasil uji normalitas sebelum intervensi dan sesudah intervensi didapatkan 0,474 maka data berdistribusi normal. Uji pengaruh penelitian ini menggunakan *sample paired t-test*.

**Hasil Penelitian:** Terdapat pengaruh pemberian *Mckenzie cervical exercise* terhadap aktivitas fungsional leher pada pekerja penjahit. Hasil aktivitas fungsional sebelum intervensi diperoleh rata-rata 9,88 setelah diberikan intervensi diperoleh rata-rata 3,24. Hasil uji statistik pengaruh didapatkan nilai *p value* sebesar 0,000 ( $p < 0,05$ ).

**Simpulan:** *Mckenzie cervical exercise* berpengaruh terhadap aktivitas fungsional leher pada pekerja penjahit.

**Saran:** Penelitian ini diharapkan dapat dijadikan sebagai referensi tentang pemberian *Mckenzie cervical exercise* terhadap aktivitas fungsional leher pada pekerja penjahit.

Kata kunci : Fisioterapi, Pekerja Penjahit, Aktivitas Fungsional Leher, *Mckenzie cervical exercise*.

Daftar Pustaka : 45 (2010-2023)

## **ABSTRACT**

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***The Effect of Mckenzie Cervical Exercise on Functional Neck Activity in Tailor Workers***

**Introduction:** Functional neck activity refers to the ability to perform neck motions such as staring at the ceiling, looking up, looking down, and rotating the head in all directions or to the side. This Mckenzie cervical exercise is a type of exercise therapy that can relieve neck pain, increase neck muscle flexibility, reduce muscle spasms or tension, increase joint range of motion, and return the neck posture to its original position.

**Purpose:** The purpose of this study is to identify the effect of mckenzie cervical exercise on functional neck activity in tailor workers.

**Research Method:** This study is Quantitative experimental research using a one-group pretest-posttest design without a control group. Purposive sampling was used as many as 25 respondents. Mckenzie cervical exercise was given 3 times a week for 2 weeks from July 6, 2024 – July 2, 2024. The normality test showed p-value of 0.474, indicating that the data was normally distributed. Paired t-test was used to measure mean difference between variables.

**Result:** There is an effect of Mckenzie cervical exercise on the functional activity of the neck in tailors. The results of functional activity before the intervention revealed an average of 9.88, after the intervention was given an average of 3.24. The statistical test showed p-value < 0.001.

**Conclusion:** The Mckenzie cervical exercise significantly improve functional neck activity in tailor workers.

**Suggestion:** This study is expected to serve as a reference on the effects of McKenzie cervical exercises on the functional neck activity of tailor workers.

**Keywords:** *Physiotherapy, Tailor Worker, Functional Neck Activity, Mckenzie cervical exercise*

**Bibliography:** 45 (2010-2023).