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ABSTRAK

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Pengaruh Kombinasi *Mckenzie Exercise* Dan *Posture Correction Exercise* Terhadap *Forward Head Posture* Anak 9-10 Tahun

Pendahuluan: Proses pembelajaran dalam posisi yang buruk atau tidak ergonomis dalam kurun waktu yang lama dapat mengakibatkan perubahan pada postur tubuh khususnya *forward head posture (FHP).* Postur ini dianggap memperparah ketidaknyamanan dan tantangan fungsional yaitu kesulitan mobilitas, masalah proprioception dan kelemahan otot. *Forward Head Posture* disebabkan oleh beberapa *factor*, antara lain menggunakan tas punggung dengan berat melebihi 10% dari berat badan, posisi belajar yang tidak ergonomis, kebiasaan menggunakan gawai dalam kurun waktu lama, menonton televisi dengan posisi yang tidak ergonomis, serta penggunaan peralatan sekolah yang tidak ergonomis untuk siswa. *McKenzie exercise* dan *posture correction exercise* merupakan latihan yang dapat menurangi *forward head posture*.
Metode Penelitian : Penelitian ini menggunakan desain penelitian *quasy eksperimental study* dengan rancangan *one grup pretest dan posttest design* dengan 37 responden. Penelitian ini dilakukan sebanyak 12 kali pertemuan 3 kali seminggu selama 4 minggu. Teknik pengambilan sampel menggunakan *purposive sampling*. Penelitian ini menggunakan uji *Paired Sample T-Test*.
Hasil Penelitian : Hasil penelitian diperoleh rata-rata cva sebelum diberikan intervensi sebesar 41,05^{o} dan setelah diberikan intervensi sebesar 45.59^{o}. Hasil uji statistik menunjukkan nilai p value (0,000 < 0,05) yang berarti ada pengaruh *mckenzie exercise* dan *posture correction exercise* terhadap *forward head posture* anak usia 9-10 tahun.
Diskusi : *Mckenzie neck exercise* dan *posture correction exercise* berpengaruh terhadap peningkatan sudut CVA anak usia 9-10 tahun.

Kata Kunci : *FHP, Mckenzie*, *posture correction exercise* .
Daftar Pustaka : 34 (2014-2023)

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ABSTRACT

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The Effect of the Combination of Mckenzie Exercise and Posture Correction Exercise on Forward Head Posture in Children 9-10 Years Old

Introduction: *Prolonged learning in poor or non-ergonomic positions can lead to changes in body posture, particularly forward head posture (FHP). This posture is believed to exacerbate discomfort and functional challenges, including mobility difficulties, proprioception issues, and muscle weakness. Several factors contribute to the Forward Head Posture, such as carrying backpacks heavier than 10% of body weight, non-ergonomic learning positions, prolonged use of electronic devices, watching television in nonergonomic positions, and using non-ergonomic school equipment. McKenzie exercises and posture correction exercises are interventions that may help reduce forward head posture.*
Research Methods: *This study utilized a quasi-experimental design with a one-group pretest-posttest design involving 37 respondents. The intervention consisted of 12 sessions, three times a week over four weeks. Sampling was conducted using purposive sampling. Data analysis was performed using the Paired Sample T-Test.*
Results: *The average cervical vertebral angle (CVA) before the intervention was 41.05°, and after the intervention, it increased to 45.59°. Statistical testing showed a p-value of 0.000 (< 0.05), indicating a significant effect of McKenzie exercises and posture correction exercises on forward head posture in 9-10-year-old children.*
Discussion: *McKenzie neck exercises and posture correction exercises positively affect the improvement of CVA in 9-10-year-old children.*

Keywords: *FHP, McKenzie, posture correction exercises*
References: *34 (2014-2023)*