

**PROGRAM STUDI S1 KESEHATAN MASYARAKAT
IKES PAYUNG NEGERI PEKANBARU**

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NADYA PUTRI ANINDITA

Efektivitas Intervensi *Stretching* William Flexion Terhadap Penurunan Intensitas *Low Back Pain* Pada Pekerja Bagian Gudang Dan Pengiriman di PT Prioritas Cabang Pelalawan Kabupaten Pelalawan

xiv + 56 Halaman + 14 Tabel + 29 Lampiran

ABSTRAK

Low back pain merupakan merupakan salah satu gangguan *musculoskeletal* yang paling umum terjadi yang merupakan sensasi nyeri di area punggung hingga menjalar ke tungkai kaki. Tujuan dari penelitian ini adalah Untuk mengetahui Efektivitas Intervensi *Stretching* William Flexion Terhadap Penurunan Intensitas *Low Back Pain* Pada Pekerja Bagian Gudang Dan Pengiriman di PT Prioritas Cabang Pelalawan.

Metode penelitian ini menggunakan quasy experimental study atau experiment semu dengan design one group pre test - post test design . Pada penelitian ini dilihat efektivitas perlakuan *stretching* William Flexion terhadap penurunan intensitas *low back pain* melalui hasil pre-test sebelum intervensi dan post-test setelah intervensi menggunakan Uji Paired T-Test. Hasil setelah diberikan latihan *stretching* fleksi william sebagian besar responden merasakan tingkat nyeri ringan sebanyak 9 orang (60,0%).

Hasil uji statistic didapatkan nilai $p < 0,001$ maka dapat disimpulkan ada perbedaan yang signifikan antara nilai sebelum dan sesudah latihan *stretching*. Hasil uji statistic dengan Uji Paired sample T-Test didapatkan nilai $p = 0,001$ ($p < 0,05$) yang berarti H_0 ditolak dan H_a diterima sehingga hipotesis penelitian menyatakan intervensi *stretching* memberikan efektifitas terhadap penurunan nyeri *low back pain* pada pekerja bagian Gudang dan Pengiriman.

Kata kunci : Low Back Pain, Streching William Flexion, Nyeri

**UNDERGRADUATE STUDY PROGRAM IN PUBLIC HEALTH
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NADYA PUTRI ANINDITA

The effectiveness of the William Flexion Stretching Intervention in Reducing the Intensity of Low Back Pain in Warehouse and Delivery Workers at PT Prioritas Pelalawan Branch.

xii + 56 Pages + 14 Tables + 29 Appendices

ABSTRACT

Low back pain is one of the most common musculoskeletal disorders, which is a sensation of pain in the back area that spreads to the legs. The aim of this research is to determine the effectiveness of the William Flexion Stretching Intervention in Reducing the Intensity of Low Back Pain in Warehouse and Delivery Workers at PT Prioritas Pelalawan Branch.

This research method uses a quasi experimental study or quasi experiment with a one group pre test - post test design. In this study, the effectiveness of the William Flexion stretching treatment on reducing the intensity of Low Back Pain was seen through the results of the pre-test before the intervention and the post-test after the intervention using the paired t-test. The results after being given Williams flexion stretching exercises were that most of the respondents felt a mild level of pain, 9 people (60.0%).

The statistical test results obtained a p value = <0.001 , so it can be concluded that there is a significant difference between the values before and after stretching exercises. The results of the statistical test using the Paired Sample T Test showed a value of $p=0.001$ ($p<0.05$), which means that H_0 was rejected and H_a was accepted, so the research hypothesis stated that stretching intervention was effective in reducing low back pain in warehouse and delivery workers. It is hoped that this research will broaden researchers' insight, and can be used as basic data and comparison for further research related to William flexion stretching exercises in overcoming low back pain.

Keywords : Low Back Pain, Stretching, William flexion exercise, pain