

**EFEKTIVITAS METODE TERAPI RELAKSASI OTOT TERHADAP
*TENSION TYPE HEADACHE : SYSTEMATIC REVIEW***

Hana Nur Hanifah

ABSTRAK

Latar Belakang: Gangguan nyeri kepala adalah salah satu gangguan yang paling umum dari sistem saraf dan paling sering ditemukan dalam praktik sehari-hari. Kurang lebih dalam satu tahun 90% dari populasi dunia mengalami paling sedikit satu kali nyeri kepala. *Tension-type headache* merupakan kondisi nyeri pada bagian depan (*frontalis*) dan belakang kepala (*occipitalis*) yang disebabkan akibat ketegangan otot yang menetap pada otot-otot kepala dan leher. Manajemen non-farmakologi dengan melakukan teknik relaksasi otot yang digunakan dalam mengatasi *tension-type headache* sebagai terapi alternatif maupun komplementer. Penelitian tinjauan pustaka sistematis ini bertujuan untuk mengetahui efektivitas metode terapi relaksasi otot terhadap penderita *tension-type headache*. **Metode:** Penelitian ini dilakukan menggunakan *flow chart* PRISMA-P 2020 dengan meninjau literatur yang diperoleh melalui basis data SCIENCE DIRECT, PubMed, Cochrane berdasarkan kriteria inklusi serta eksklusi. **Hasil:** Data yang didapatkan yaitu delapan literatur yang menunjukkan hasil bahwa terdapat efektivitas metode terapi terhadap *Tension Type Headache* dengan memberikan dampak positif diantaranya yaitu intensitas nyeri, frekuensi nyeri, durasi nyeri, ambang nyeri, dan kualitas hidup. Jenis metode terapi relaksasi otot pada literatur adalah *dry needling*, *biofeedback*, *stretching*, akupuntur, masase, dan *manual therapy* yang terdiri dari *myofascial inhibitory techniques* dan *articular manipulations*. **Kesimpulan:** Metode terapi relaksasi otot efektif pada *tension-type headache*.

Kata Kunci : Efektivitas, Metode Terapi, Relaksasi Otot, *Tension-type Headache*

***EFFECTIVENESS OF MUSCLE RELAXATION THERAPY METHODS ON
TENSION TYPE HEADACHE: LITERATURE REVIEW***

Hana Nur Hanifah

ABSTRACT

Background: Headache disorder is one of the most common disorders of the nervous system and is most often found in daily practice. Approximately in one year, 90% of the world's population experience headache at least once. Tension-type headache is a painful condition in the front (frontalis) and back of the head (occipitalis) caused by persistent muscle tension in the muscles of the head and neck. Non-pharmacological management by performing muscle relaxation techniques are used in overcoming tension-type headache as an alternative or complementary therapy. This systematic literature review study aims to determine the effectiveness of muscle relaxation therapy methods for patients with tension-type headache. ***Methods:*** This study was conducted using the PRISMA-P 2020 flow chart by reviewing the literature obtained through the SCIENCE DIRECT, PubMed, Cochrane databases based on inclusion and exclusion criteria. ***Results:*** The data obtained are eight pieces of literatures that show the results that there is effectiveness of therapeutic methods against tension-type headache by providing positive impacts including pain intensity, pain frequency, pain duration, pain threshold, and quality of life. Types of muscle relaxation therapy methods in the literature are dry needling, biofeedback, stretching, acupuncture, massage, and manual therapy consisting of myofascial inhibitory techniques and articular manipulations. ***Conclusion:*** Muscle relaxation therapy method is effective in tension-type headache.

Keywords: Effectiveness, Muscle Relaxation , Tension-type Headache, Therapeutic Methods