

**PERBANDINGAN EFEKTIVITAS *MCKENZIE EXERCISE*
DAN *WILLIAMS FLEXION EXERCISE* DALAM
MENURUNKAN INTENSITAS NYERI *LOW BACK PAIN*
PADA PEKERJA BATIK DI KAMPUNG BATIK GIRILOYO
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Abstrak

Low Back pain (LBP) merupakan sebuah sindroma klinis yang ditandai dengan nyeri pada regio punggung bawah dengan atau tanpa nyeri tungkai. Pekerja batik merupakan pekerjaan yang berisiko untuk terkena LBP. *McKenzie Exercise* dan *Williams Flexion Exercise* merupakan *back exercise* yang efektif dan mudah untuk menurunkan intensitas nyeri LBP. Penelitian ini dilakukan untuk membandingkan efektivitas *McKenzie Exercise* dan *Williams Flexion Exercise* dalam menurunkan intensitas nyeri LBP pada pekerja batik. Penelitian ini menggunakan desain *quasi experimental* dengan *pre and post test with two group design*. Sebanyak 20 orang pekerja batik di Kampung Batik Giriloyo dipilih dengan metode *purposive sampling* dan dibagi menjadi 2 kelompok perlakuan. Kelompok 1 diberi perlakuan *McKenzie Exercise* dan kelompok 2 diberikan perlakuan *Williams Flexion Exercise*. Perlakuan pada kedua kelompok dilakukan dengan frekuensi 3 kali seminggu selama 2 minggu. Intensitas nyeri diukur dengan menggunakan *Numeric Rating Scale* (NRS) pada sebelum dan sesudah perlakuan. Hasil penelitian menunjukkan terdapat perbedaan intensitas nyeri sebelum dan sesudah *McKenzie Exercise* ($p = 0,004$) dan *Williams Flexion Exercise* ($p = 0,004$). Tidak terdapat perbedaan antar kelompok *McKenzie Exercise* dan *Williams Flexion Exercise* dalam menurunkan intensitas nyeri LBP pada pekerja batik ($p = 0,328$).

Kata Kunci: Intensitas Nyeri, *Low Back Pain*, *McKenzie Exercise*, *Williams Flexion Exercise*.

**THE COMPARISON OF EFFECTIVENESS BETWEEN
MCKENZIE EXERCISE AND WILLIAMS FLEXION
EXERCISE TO REDUCE PAIN INTENSITY IN LOW BACK
PAIN FOR BATIK WORKERS OF GIRILOYO BATIK
VILLAGE 2019**

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Abstract

Low Back Pain (LBP) is a clinical syndrome that consists of pain at the lower back region with or without associated limb pain. Batik workers were at a greater risk of developing LBP. McKenzie Exercise and Williams Flexion Exercise were effective and easy method for reducing LBP. The aim of this study was to compare the effectiveness between McKenzie Exercise and Williams Flexion Exercise in reducing LBP for batik workers. This study used quasi experimental with pre and post-test with two groups design. The subjects of this study were 20 batik workers whom selected using purposive sampling and divided into two groups. The first group was given the McKenzie Exercise and the second group was given the Williams Flexion Exercise. Interventions in each group were given for 3 times per week for 2 weeks. The pain intensity was measured by using Numeric Rating Scale (NRS) before and after intervention. The results showed that there were differences in pain intensity before and after intervention using Mckenzie Exercise ($p = 0.004$) and Williams Flexion Exercise ($p = 0.004$), however there was no difference of the effectiveness between Mckenzie Exercise and Williams Flexion Exercise in reducing LBP for batik workers ($p = 0.328$).

Keywords: Low Back Pain, McKenzie Exercise, Pain Intensity, Williams Flexion Exercise.