

## Pengaruh latihan peregangan otot stretching terhadap keluhan gangguan muskuloskeletal akibat kerja work related musculoskeletal disorders = The effect of stretching to work musculoskeletal disorders

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### Abstrak

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Prevalensi gangguan muskuloskeletal akibat kerja masih tinggi. Salah satu cara mengatasinya dengan latihan peregangan otot (stretching). Penelitian ini bertujuan untuk mengetahui pengaruh latihan peregangan otot atau stretching pada pekerja. Metode penelitian menggunakan quasi eksperimen dengan rancangan pre dan post test group design with control group sebanyak 60 responden. Hasil penelitian menunjukkan adanya pengaruh latihan peregangan otot terhadap keluhan gangguan muskuloskeletal akibat kerja (pvalue 0,007). Faktor yang berkontribusi terhadap keluhan muskuloskeletal akibat kerja adalah lama kerja, IMT, dan latihan peregangan otot. Hasil penelitian merekomendasikan perlu dilakukan latihan peregangan otot sebanyak 5 kali sehari pada pekerja untuk mencegah keluhan gangguan muskuloskeletal akibat kerja.

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#### **ABSTRACT**

The prevalence of work related musculoskeletal disorders is still high. One strategy to overcome the problem is by the muscle exercise (stretching). The purpose of this research was to examine the influence of stretching on workers. The method used was quasi experiment pre and post test group with control that involved 60 respondents. The result of this research showed that there was significant influence of stretching on work related musculoskeletal disorders (pvalue 0,007). Factors contributed to this disturbance were work length period, body mass index, and stretching exercise. This research recommended that stretching of five times a day is important to prevent work related musculoskeletal disorders among workers.