

Perbandingan penurunan nyeri tungkai bawah antara pemberian peregangan (stretching) dengan pemberian mini- break pada penjahit industri garmen = Comparison between stretching and mini-break intervention to reduce lower leg pain among sewing worker of a garment industry

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Abstrak

Nyeri tungkai bawah adalah salah satu keluhan muskuloskeletal yang sering dialami para penjahit industri garmen UMKM. Menurut penelitian- penelitian yang sudah ada sebelumnya, diketahui bahwa baik *stretching* ataupun *mini-break* mampu mengurangi keluhan muskuloskeletal pada pekerja, namun belum pernah ada yang meneliti efektivitas kedua intervensi tersebut pada penjahit industri garmen. **Metode:** Penelitian ini merupakan penelitian *Quasi Experimental*, dan menggunakan desain *two-group pre test-post test*. Penelitian ini melibatkan 70 orang subyek penelitian, yang terbagi menjadi 33 orang pada ruang kerja 1, dan 37 orang pada ruang kerja 2. Sebelum diberikan intervensi, terlebih dahulu diambil skor VAS pre- intervensi dari seluruh subyek penelitian, kemudian para subyek mengikuti program intervensi sesuai ruang kerjanya, dimana pada ruang kerja 1 akan diberikan intervensi *stretching*, dan ruang kerja 2 akan diberikan intervensi *mini- break*. Kedua intervensi dilaksanakan oleh subyek penelitian selama 2 minggu. Setelah pemberian intervensi, akan dilakukan kembali pengukuran nilai VAS post- intervensi untuk menilai efektivitas dari program intervensi yang telah diberikan. Data-data yang diperoleh akan dianalisis dengan menggunakan uji statistik untuk menilai perbandingan efektivitas kedua kelompok intervensi. **Hasil:** Terdapat nilai median selisih VAS pre- post intervensi sebesar 4 pada kelompok *stretching*, dan nilai median selisih VAS sebesar 2 pada kelompok *mini- break*. Dari hasil analisis perbedaan penurunan nyeri tungkai bawah antara kelompok intervensi *stretching* dan kelompok intervensi *mini- break* diperoleh hasil nilai $p < 0,001$, yang menunjukkan bahwa terdapat perbedaan antara nilai median selisih VAS kelompok *stretching* dan selisih VAS kelompok *mini- break* yang signifikan secara statistik. **Kesimpulan:** Terdapat penurunan nyeri tungkai bawah setelah pemberian program *stretching* ataupun pemberian *mini- break*, namun begitu, efek pengurangan nyeri setelah pemberian *stretching* lebih baik dibandingkan dengan pemberian mini-break

Lower leg pain is one of the musculoskeletal problem that often felt by a sewing worker of a MSME (Micro, Small, and Medium Enterprises) garment industries. According to previous research, it is known that either stretching or mini- break were able to reduce musculoskeletal problem in workers, but there has never been any research about the effectiveness of both interventions in reducing pain, specifically in lower leg in a sewing worker of a garment industry. **Methods:** Quasi experimental studies was applied, and using a two group pre test- post test design. This research involved 70 subjects, that was divided into 33 persons in workroom 1, and 37 persons in workroom 2. Before intervention was given to subjects, a pre-intervention VAS were collected first, then subjects followed the intervention program, correspond to their

workroom. Stretching intervention was given to subjects in workroom 1, and mini- break intervention was given to subjects in workroom 2. Both intervention were given to the subjects for 2 weeks. After the intervention has been given, the post- intervention VAS was measured to assess the effectiveness of the given interventions. Collected datas will be analyzed using a statistical test to assess the comparison of effectiveness within the intervention groups. **Result:** From this research, a VAS differences median score of 4 at stretching group, and VAS differences median score of 2 at mini-break group were found. From the analysis of lower leg pain reduction comparison between stretching group and mini- break group, we found a p score $<0,001$, which means there was a statistically significant difference between VAS difference median score of stretching group and VAS difference median score of mini- break group. **Conclusion:** There were reduction of lower leg pain after stretching or mini- break programs were given, however, the effect of pain reduction after stretching program was better than mini-break.