

Efektivitas Stretching Exercise dan Guided Imagery terhadap Gejala Musculoskeletal Disorder Pada Pekerja Kantor = Effectiveness of Stretching Exercise and Guided Imagery Against Symptoms of Musculoskeletal Disorder in Office Workers

Anyong Said, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920550336&lokasi=lokal>

Abstrak

Latar belakang: Gangguan muskuloskeletal akibat kerja merupakan masalah kesehatan utama di tempat kerja dan memerlukan perhatian dan tindakan pencegahan untuk memastikan bahwa gangguan tersebut tidak mempengaruhi produktivitas kerja.

Tujuan: Untuk mengetahui karakteristik responden, mengetahui selisi gejala musculoskeletal disorder sebelum dan sesudah perlakuan pada kelompok intervensi dan kelompok kontrol, untuk mengetahui perbandingan hasil gejala musculoskeletal disorder setelah perlakuan pada kedua kelompok.

Metode: Penelitian ini menggunakan desain quasi-eksperimental dengan pendekatan pretest-posttest two groups design, Non-randomized control trial, control grup pre-test and post-test design.

Hasil: Uji perbandingan sebelum dan sesudah perlakuan pada kelompok intervensi sebelum perlakuan mayoritas berada pada kategori sedang (91.7%), setelah perlakuan terdapat perubahan gejala ke kategori ringan (79.2%) dan sebelum perlakuan pada kelompok kontrol mayoritas kategori sedang (50.0%), setelah perlakuan terdapat perubahan kategori ringan (50%). uji Chi Square sebelum dan sesudah pada kedua kelompok $p < 0.005$ terdapat pengaruh yang signifikan. Hasil uji Perbandingan Setelah perlakuan pada kelompok intervensi dan kelompok kontrol menunjukkan mayoritas perubahan gejala musculoskeletal disorder dengan kategori ringan pada kelompok intervensi (79.2%) nilai $p (0.012)$ $p < 0.005$ sehingga dapat disimpulkan bahwa Stretching exercise dan guided imagery signifikan mempengaruhi perubahan gejala musculoskeletal disorder. Studi ini menunjukkan bahwa terapi kombinasi stretching exercise dan guided imagery setelah perlakuan pada kelompok intervensi dan kelompok kontrol signifikan mempengaruhi gejala musculoskeletal disorder. Sehingga perlu diaplikasikan ditempat kerja sebagai upaya promotif dan preventif untuk mencegah gejala musculoskeletal disorder.

.....Background: Work-related musculoskeletal disorders are a major health problem in the workplace and require attention and preventive measures to ensure that these disorders do not affect work productivity.

The aim is to find out the characteristics of the respondents, to find out the differences in musculoskeletal disorder symptoms before and after treatment in the intervention group and the control group, to find out the comparison of the results of musculoskeletal disorder symptoms after treatment in the two groups.

This research method uses a quasi-experimental design with a pretest- posttest two groups design approach, non-randomized control trial, control group pre-test and post- test design.

The results of the study show that there is a difference in musculoskeletal disorder symptoms before and after treatment in the intervention group before treatment. the majority were in the moderate category (91.7%), after treatment there was a change in symptoms to the mild category (79.2%) and the majority of respondents in the control group before treatment were in the moderate category (50.0%), after treatment there was a change in the mild category (50%). Chi Square test before and after in both groups $p (<0.005)$ there was a significant effect. Comparison of the results of musculoskeletal disorder symptoms after treatment in the intervention group and the control group shows that the majority of musculoskeletal disorder symptoms are in the mild category (79.2%) p value (0.012) $p (<0.005)$ so it can be concluded that stretching exercise and guided imagery significantly influence changes in musculoskeletal symptoms disorders. This study shows that the combination therapy of stretching exercise and guided imagery after treatment in the intervention group and control group significantly affects the symptoms of musculoskeletal disorders. This is because researchers did not examine further psychological factors such as anxiety, stress and respondents' pain responses, so further research needs to be carried out to understand the role of psychological factors in the symptoms of musculoskeletal disorders.