

THE EFFECTIVENESS OF MASSAGE THERAPY OF SPORTS INJURY METHOD ALI SATIA GRAHA TOWARDS COMPLAINTS OF JOINT MOVEMENT DISORDERS IN FRONT OF SCREEN WORKERS DURING THE COVID-19 PANDEMIC

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ABSTRACT

The use of smartphones, laptops, and computers in the WFH era during the Covid-19 pandemic in Indonesia with the wrong ergonomic position increases the risk of musculoskeletal complaints (Dampati et al., 2020). This study used a quasi experimental design with a control group. This research was conducted at the massage therapy service at Plaza UNY Jl. Affandi No.168, Santren, Caturtunggal, Depok, Sleman, Special Region of Yogyakarta on March 15 - September 30 2022. Determination of the sample using purposive sampling technique (criteria) and obtained a number of 100 ($n = 100$) as a sample obtained from the population with using the Lemeshow formula. The research instrument uses standard operating procedural massage therapy and standard operating procedural range of movement (ROM). The results showed that joint motion disorders in the neck joint were 18 (18%), the shoulder joint was 14 (14%), the hip joint was 28 (28%) and the hip joint was 40 (40%). The results of the independent t test show that the mean value of the experimental variable is greater than the control variable and shows a value of $\text{sig} < 0.05$, which means that there is a difference between the two experimental groups and the control group. It is concluded that therapeutic massage affects the recovery of joint disorders in workers in front of the screen

Kata Kunci: *massage therapy, joint disorders, workers, covid pandemic*