

DEVELOPMENT OF SELF-MASSAGE AND STRETCHING TO REDUCE NECK PAIN DUE TO STAGNANT ACTIVITIES

by Prof. Dr. Drs. Subagyo, M.Pd, Prof. Dr. Komarudin, S.Pd., M.A, Dr. Ali Satia Graha, S.Pd., M.Kes, Ahmad Ridwan, Geovani Akbar, Rahmandaru Fran Adeastra

ABSTRACT

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This research aims to: (1) develop self-massage and stretching, (2) determine the feasibility of self-massage and stretching, (3) test the effectiveness of self-massage and stretching to reduce neck pain due to stagnant activity.

This research is development research with an analysis, design, development, implementation, evaluation (ADDIE) approach. The development steps are as follows: (1) preliminary study, (2) design, (3) instrument validation and revision, (4) model validation and revision, (5) limited trials and revisions, (6) extensive trials and revision, (7) effectiveness test. Limited trials were carried out on 5 people, extensive trials were carried out on 10 people. The effectiveness test sample was 19 people. Data collection techniques used Delphi techniques, interviews and questionnaires. The instrument used is the Visual Analog Scale (VAS). Data analysis using product moment. The effectiveness test uses the paired sample t-test statistical test.

The research results show that: (1) The self-massage and stretching model consists of a total of 36 movements which are divided into 5 parts as follows: a) self-massage and stretching on the neck, there are 12 movement steps, b) self-massage and stretching on the The shoulders have 10 movement steps, c) self-massage on the head has 9 movement steps, d) stretching on the head has 4 movement steps, e) stretching on the chest has 1 movement step. (2) The self-massage and stretching model was declared feasible, (3) The self-massage and stretching model was proven to be effective in reducing pain due to stagnant activity by obtaining data.

Kata Kunci: *Self massage, stretching, pain, stagnant activity*