

Pengaruh Penambahan Myofascial Release Technique pada Muscle Energy Technique terhadap Peningkatan Kualitas Fungsional Penderita Tension Type Headache dengan Parameter Headache Impact Test – 6 = The Effect of Adding Myofascial Release Technique to Muscle Energy Technique on Improving the Functional Quality of Tension Type Headache Patients with Headache Impact Test – 6 Parameter

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Abstrak

Skripsi terapan ini meneliti tentang pengaruh penambahan intervensi myofascial release technique pada muscle energy technique terhadap peningkatan kualitas fungsional penderita tension type headache. Metode penelitian ini yaitu penelitian kuantitatif dengan desain kuasi eksperimental. Partisipan dalam penelitian ini sebanyak 34 orang pekerja kantoran berusia 20 – 45 tahun yang memiliki keluhan tension type headadche. Partisipan lalu dibagi ke dalam dua kelompok dimana kelompok intervensi mendapat myofascial release technique dan muscle energy technique, sedangkan kelompok kontrol mendapat muscle energy technique. Periode intervensi berlangsung sebanyak 12 sesi dengan pemberian pre test sebelum sesi pertama dan pemberian post test setelah sesi kedua belas dengan parameter Headadche Impact Test – 6. Setelah periode intervensi, dilakukan analisis data untuk menilai pengaruh intervensi dan didapatkan bahwa adanya peningkatan kualitas fungsional pada kelompok intervensi ($p < 0,001$) dan pada kelompok kontrol ($p < 0,001$). Uji perbandingan dilakukan untuk melihat efek intervensi antara kedua kelompok dan didapatkan adanya perbedaan signifikan antara kelompok intervensi dan kelompok kontrol ($p < 0,001$). Berdasarkan hasil analisis, kelompok intervensi memiliki perubahan yang lebih signifikan dengan rata-rata nilai perubahan parameter sebanyak 3,94 poin daripada kelompok kontrol dengan rata-rata nilai perubahan parameter sebanyak 1,47 poin. Hasil penelitian ini dapat menyatakan bahwa intervensi myofascial release technique yang dikombinasikan dengan muscle energy technique dapat direkomendasikan sebagai Teknik terapi untuk menangani kasus tension type headadche.

.....This applied study examines the effect of adding myofascial release technique intervention to muscle energy technique on improving the functional quality of tension type headache sufferers. This research method is quantitative research with a quasi-experimental design. Participants in this study were 34 office workers aged 20-45 years who had complaints of tension type headache. Participants were then divided into two groups where the intervention group received myofascial release technique and muscle energy technique, while the control group received muscle energy technique. The intervention period lasted 12 sessions with a pre-test before the first session and a post-test after the twelfth session with the Headache Impact Test - 6 parameter. After the intervention period, data analysis was carried out to assess the effect of the intervention and it was found that there was an increase in functional quality in the intervention group ($p < 0.001$) and in the control group ($p < 0.001$). A comparison test was carried out to see the effect of the intervention between the two groups and there was a significant difference between the intervention group and the control group ($p < 0.001$). Based on the results of the analysis, the intervention group had a more significant change with an average parameter change value of 3.94 points than the control group with an average parameter change value of 1.47 points. The results of this study can state that the intervention of

myofascial release technique combined with muscle energy technique can be recommended as a therapeutic technique to treat cases of tension type headache.