

ABSTRACT

THE EFFECT OF GLIDING EXERCISE ON CARPAL TUNNEL SYNDROME PAIN SYMPTOMS AMONG TAPIS WORKER IN PAGELARAN DISTRICT PRINGSEWU REGENCY

By

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Background: Tapis is a distinctive fashion of Lampung, which manufactured manually by hands . This process involves hand movements including flexion, extension, and repetitive movements which are the risk factors for Carpal Tunnel Syndrome that can cause pain symptoms. One of the conservative therapy of CTS is gliding exercise which can reduce pain symptoms of CTS patients by preventing adhesion of the tendon and median nerve and lowering the pressure of the carpal tunnel.

Purpose: To determine the effect of gliding exercise on Carpal Tunnel Syndrome pain symptoms among tapis worker in Pagelaran District Pringsewu Regency.

Methods: This study used a quasi-experimental method with pre-posttest control group design. There were 54 respondents involved (27 respondents in the control group and 27 respondents in the treatment group) The treatment group was given gliding exercise for 3 times a day, 5 repetitions for each movements for 2 weeks. Pain symptoms measured before and after treatment using Visual Analogue Scale (VAS). Data were analyzed with Mann-Whitney test to determine the differences of each group with a value of $\alpha = 0,05$.

Result: There was a significant difference of VAS score before and after gliding exercise in the treatment group ($p = 0,000$) while there was no significant difference in the control group ($p = 0,179$). There was a significant difference of VAS score mean difference before and after treatment between two groups ($p = 0,000$).

Conclusion: There is an effect of gliding exercise on reducing Carpal Tunnel Syndrome pain symptoms among tapis worker in Pagelaran District, Pringsewu Regency.

Keyword: Carpal Tunnel Syndrome, gliding exercise, VAS

ABSTRAK

PENGARUH *GLIDING EXERCISE* TERHADAP KELUHAN NYERI *CARPAL TUNNEL SYNDROME* PADA PENGRAJIN TAPIS DI KECAMATAN PAGELARAN KABUPATEN PRINGSEWU

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Latar Belakang: Tapis merupakan busana khas Provinsi Lampung yang pembuatannya dilakukan secara manual dengan tangan. Proses ini melibatkan pergerakan tangan seperti fleksi, ekstensi serta gerakan repetitif yang merupakan faktor risiko *Carpal Tunnel Syndrome* dan dapat menimbulkan keluhan nyeri. Salah satu terapi konservatif CTS adalah *gliding exercise* yang dinilai mampu menurunkan keluhan nyeri penderita CTS dengan mencegah adhesi tendon dan nervus medianus serta menurunkan tekanan terowongan karpal.

Tujuan: Mengetahui pengaruh *gliding exercise* terhadap keluhan nyeri *Carpal Tunnel Syndrome* pada pengrajin tapis di Kecamatan Pagelaran Kabupaten Pringsewu.

Metode: Penelitian ini menggunakan metode quasi eksperimental dengan pendekatan *pre-posttest control group*, melibatkan 54 responden (27 responden kelompok kontrol dan 27 responden kelompok perlakuan). Kelompok perlakuan diberikan *gliding exercise* 3 kali sehari dengan pengulangan 5 kali tiap gerakan selama 2 minggu. Keluhan nyeri diukur sebelum dan sesudah diberikan perlakuan dengan *Visual Analogue Scale* (VAS). Data dianalisis dengan uji *Mann-Whitney* untuk mengetahui perbedaan setiap kelompok dengan nilai $\alpha = 0,05$.

Hasil: Pada kelompok perlakuan terdapat perbedaan bermakna nilai VAS sebelum dan sesudah *gliding exercise* ($p=0,000$) sedangkan pada kelompok kontrol tidak terdapat perbedaan bermakna ($p= 0,179$). Terdapat perbedaan rerata selisih nilai VAS sebelum dan sesudah perlakuan antara kedua kelompok ($p=0,000$).

Kesimpulan: Terdapat pengaruh *gliding exercise* terhadap penurunan keluhan nyeri *Carpal Tunnel Syndrome* pada pengrajin tapis di Kecamatan Pagelaran Kabupaten Pringsewu.

Kata Kunci: *Carpal Tunnel Syndrome*, *gliding exercise*, VAS