

EFEKTIVITAS *HOME PROGRAM EXERCISE* TERHADAP *FORWARD HEAD POSTURE* PADA MAHASISWA STIKES NASIONAL

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INTISARI

Latar Belakang: Pandemi *covid-19* mengakibatkan perkuliahan dilakukan secara daring sehingga mahasiswa terlalu lama dalam menggunakan alat elektronik dan dalam posisi menunduk dan mahasiswa beresiko terkena *forward head posture*. Salah satu penyebabnya karena kepala dalam posisi statis yang terlalu lama seperti menunduk saat melihat *handphone* dan laptop. Dengan pemberian *Home Program Exercise* diharapkan dapat mengurangi gejala *Forward Head Posture* pada Mahasiswa Sekolah Tinggi Ilmu Kesehatan Nasional.

Tujuan Penelitian: Untuk menguji efektivitas *home program exercise* terhadap *forward head posture* mahasiswa Sekolah Tinggi Ilmu Kesehatan Nasional.

Metode Penelitian: Pengumpulan data dilakukan dengan *One Group Pre-test-post-test* pemeriksaan *forward head posture* menggunakan FHPapp dengan pemberian perlakuan kepada subjek menggunakan *Home Program Exercise*. Sampel penelitian ini adalah mahasiswa Sekolah Tinggi Ilmu Kesehatan Nasional yang memiliki *forward head posture* dan berada di area sukoharjo. Pengambilan sampel dilakukan dengan metode *purposive sampling*. Metode statistik menggunakan Analisis Normalitas *Shapiro-Wilk* dan Uji Hipotesis menggunakan Paired Sampel T tes.

Hasil Penelitian: Berdasarkan pengujian statistik ini menunjukkan bahwa *home program exercise* efektif dalam penurunan kurva *forward head posture* terlihat dari hasil hipotesis dengan nilai ($p > 0,05$).

Kesimpulan: *home program exercise* efektif dalam penurunan kurva *forward head posture*

Kata Kunci: *Forward Head Posture, Home Program Exercise.*

THE EFFECTIVENESS OF THE HOME EXERCISE PROGRAM ON FORWARD HEAD POSTURE IN STIKES NASIONAL STUDENTS

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ABSTRACT

Background: *The covid-19 pandemic is causing the education to be conducted in an online way so that students are too long in using electronic tools and in a low position and students are at risk of getting forward head posture. One of the reasons is because the head is in a static position that's too long as sitting down watching handphones and laptops. By giving Home Program Exercise it is expected to reduce the symptoms of Forward Head Posture on National STIKES Students.*

Purpose: *To test the effectiveness of home program exercises against forward head posture students National STIKES.*

Method: *Data collection performed with One Group Pre-test-post-test forward head posture checking using FHPapp by giving treatment to the subject using Home Program Exercise. This research sample is a national STIKES student who has a forward head posture and is on a voluntary diarrhea. Sampling is performed using a purposive sampling method. Statistical method using Shapiro-Wilk Normality Analysis and Hypothesis Tests using Paired Sample T tests.*

Results: *Based on this statistical test, home program exercise effective in decreasing forward head posture curves is seen from hypothesis results at ($p>0.05$).*

Conclusion: *home program exercise effective in downward head posture curve.*

Keyword: *Forward Head Posture, Home Program Exercise.*