

## ABSTRAK

Sikap kerja statis yang dilakukan oleh para pengrajin ukiran kayu, yaitu sikap duduk dengan leher menunduk secara monoton, dilakukan hampir setiap hari. Kontraksi otot leher saat bekerja mengakibatkan peredaran darah mengalami penurunan. Dapat terjadi penumpukan asam laktat sehingga timbulnya rasa nyeri dan kelelahan yang dan serta berpengaruh terhadap kemampuan fungsional. Tujuan penelitian ini yaitu untuk mengetahui kemampuan fungsional leher dengan sikap kerja pengrajin ukiran kayu. Penelitian ini menggunakan metode penelitian eksperimen dengan desain *pre-eksperimental* dengan *one group pre-test and post test design*. Populasi penelitian berjumlah 12 orang dengan sampel 8 orang yang didapat berdasarkan kriteria penelitian. Alat ukur penelitian menggunakan goniometer. Adapun hasil analisis data menggunakan *Paired Sampel T Test* yang menunjukkan bahwa terdapat peningkatan yang signifikan setelah diberikan *contract relax stretching* ( $p < 0,05$ ). Kesimpulan pada penelitian ini yaitu adanya peningkatan kemampuan fungsional leher pengrajin ukiran kayu setelah dilakukan latihan *contract relax* di Taru Ukir sehingga aktivitas sehari-hari pengrajin ukiran kayu stabil.

**Kata kunci :** *Sikap Kerja Menunduk, Kemampuan Fungsional Leher, Latihan Contract Relax*

## **ABSTRACT**

*Static work attitudes performed by wood carving craftsmen, namely sitting with their necks down monotonously, are done almost every day. The contraction of the neck muscles while working results in decreased blood circulation. There can be a buildup of lactic acid so that pain and fatigue arise and affect functional abilities. The purpose of this study was to determine the functional ability of the neck with the work attitude of wood carving craftsmen. This study uses experimental research methods with a pre-experimental design with one group pre-test and post-test design. The study population was 12 people with a sample of 8 people obtained based on research criteria. The research measuring instrument used a goniometer. The results of data analysis using the Paired Sample T Test showed that there was a significant increase after being given contract-relax stretching ( $p < 0.05$ ). The conclusion of this study is that there is an increase in the functional ability of the neck of wood carving craftsmen after contract relax training at Taru Ukir so that the daily activities of wood carving craftsmen are stable.*

*Keywords: Downward Work Attitude, Neck Functional Ability, Contract Relax Exercise*