ABSTRAK

Seorang petani yang melakukan pekerjaannya dengan posisi membungkuk. Posisi kerja seperti ini jika dilakukan dalam jangka waktu yang lama akan menyebabkan penurunan fleksibilitas lumbal, untuk mencegahnya diperlukan kombinasi latihan *core stability* dan latihan *mckenzie* secara rutin. Tujuan penelitian yaitu untuk mengetahui kombinasi latihan *core stability* dan latihan *mckenzie* untuk meningkatkan fleksibilitas lumbal petani wanita. Metode penelitian: menggunakan pre-experimental dengan desain one group pre-test dan post-test. Alat ukur yang digunakan yaitu *modified-modified schober test* pada penelitian ini jumlah sampel sebanyak 10 orang berdasarkan kriteria inklusi, eksklusi dan *drop out*. Hasil penelitian: nilai rata-rata fleksibilitas lumbal *pre-test* diperoleh 19, 29 cm dengan kategori kurang dan *post-test* menjadi 21, 21 cm dengan kategori normal. Hasil uji normalitas yang digunakan adalah uji *Shapiro wilk test* menunjukan p=0,120 (p>0,05). Uji hipotesis yang digunakan uji *paired sample T test* menunjukkan p=0,000 (p<0,05) yang berarti terdapat pengaruh kombinasi latihan *core stability* dan *mckenzie* untuk fleksibilitas lumbal. Simpulan pada penelitian ini yaitu kombinasi latihan *core stability* dan *mckenzie* meningkatkan fleksibilitas lumbal dengan peningkatan sebesar 9,9 %.

Kata Kunci: Fleksibilitas Lumbal, *Core Stability, McKenzie Exercise,* Nyeri Miogenik, Petani

ABSTRACT

A farmer who does his work in a bent position. This kind of work position if done for a long period of time will cause a decrease in lumbar flexibility, to prevent this requires a combination of core stability exercises and McKenzie exercises regularly. The purpose of the study was to determine the combination of core stability exercises and mckenzie exercises to improve the lumbar flexibility of female farmers. The measuring instrument used by the Met Line with a sample of 10 people. The research design used pre-experimental with one group pre-test and post-test design. The average value of lumbar flexibility before exercise was obtained 19.29 cm which indicates less lumbar flexibility and after exercise to 21.21 cm which indicates normal flexibility. Analyzed using the normality test showed a value of 0.75. While the hypothesis test shows a value of 0.000 which means there is a combination effect of core stability and mckenzie exercises for the flexibility of the lumbar sample. The conclusion in this study is that the combination of core stbility and mckenzie exercises improves lumbar flexibility and can be used as a solution to maintain lumbar flexibility.
***Keywords**: lumbar flexibility, core stability, mckenzie exercise, myogenic pain, farmer*