

ABSTRAK

Bali terkenal akan ukiran kayu yang bercirikan budaya Bali atau stil Bali. Pada pekerja ukir kayu sering mengalami Musculoskeletal Disorder (MSDs) yang dimana MSDs adalah cedera jaringan lunak yang disebabkan oleh paparan mendadak atau berkelanjutan terhadap gerakan, gaya, getaran, dan posisi yang janggal secara berulang-ulang. Ada beberapa penanganan untuk MSDs salah satunya tendon gliding exercise yang bertujuan meningkatkan sirkulasi darah ke tangan dan pergelangan tangan sehingga mampu mengurangi nyeri. Penelitian ini merupakan jenis penelitian eksperimental dengan rancangan penelitian *One-Group Pretest-Posttest Design*. Tempat yang akan digunakan dalam penelitian ini bertempat di Desa Batanyuh, Marga, Tabanan tepatnya di perusahaan Wiwin's Ukir Penelitian ini dilaksanakan pada bulan Maret-April 2024. Adapun hasil analisis data menggunakan uji *paired sampel t-test* dapat diketahui nilai rata-rata *pre-test* untuk Nyeri MSDs 7,333 dan nilai *post-test* Nyeri MSDs 6,389 nilai signifikansi dari data nilai Nyeri MSDs diperoleh 0,001 yang artinya terdapat peningkatan nilai rata-rata secara signifikan antara nilai *pre-test* dan nilai *post-test*. Kesimpulan pada penelitian ini yaitu terdapat Efektivitas pemberian *tendon gliding exercise* terhadap aktivitas fungsional carpal tunnel syndrome pada pengukir stil Bali.

Kata Kunci : Ukir Kayu Stil Bali, *Muskuloskeletal Disorder*, *Tendon Gliding exercise*

ABSTRACT

Bali is famous for wood carvings characterized by Balinese culture or Balinese style. Woodcarving workers often experience musculoskeletal disorder (MSDs), which is a soft tissue injury caused by sudden or sustained exposure to repetitive motion, force, vibration, and awkward positions. There are several treatments for MSDs, one of which is tendon gliding exercise, which aims to increase blood circulation to the hands and wrists while reducing pain. This research employs an experimental design, specifically a one-group pretest and post-test design. This research will be conducted in Batanyuh Village, Marga, Tabanan, specifically Wiwin Carving Company. This study was conducted from March to April 2024. The data analysis using a paired sample t-test yielded a pre-test average value for MSDs Pain of 7,333 and a post-test value of 6,389. The significance value for MSD pain was found to be 0.001. The pain value data was found to be 0.001, indicating a significant increase in the average value between the pre-test and post-test values. The study concludes that providing tendon gliding exercise effectively improves the functional activity of carpal tunnel syndrome in Balinese stylus carvers.

Keywords: Balinese Styled Wood Carving, Musculoskeletal Disorder, Tendon Gliding Exercise