

ABSTRAK

Anak Usia Remaja Sangat sering memainkan *Game E-Sport*. Anak Usia Remaja bisa menghabiskan waktu rata rata selama 2-3 jam dalam memainkan *Game E-Sport*. Ketika bermain *Game E-Sport*, anak usia remaja sering menggunakan postur saat duduk menunduk yang terlalu lama, postur ini dapat mengakibatkan penurunan fleksibilitas di area otot leher. Penelitian ini bertujuan untuk mengetahui pemberian Latihan *Contract relax stretching* dan *Massage* dapat meningkatkan Fleksibilitas Leher Anak Usia Remaja peserta Ekstrakurikuler *Game E-Sport* di SMA Harapan Denpasar. Penelitian ini menggunakan metode pre-eksperimental dengan desain one group pre-test dan post-test. Sample penelitian berjumlah 20 orang yang ditentukan berdasarkan, eksklusi dan drop out. Alat ukur penelitian menggunakan *Neck Disability Index (NDI)* dan Goniometer. Penelitian ini dilakukan sebanyak 12 kali pertemuan. Hasil penelitian ini dilakukan uji normalitas dengan shapiro wilk test dan uji hipotesisi penelitian dengan Uji Paired Sample T-Test. Data dari ROM dan Kemampuan Fungsional Leher. maka dapat dikatakan data ROM Leher dan Kemampuan Fungsional Leher Berdistribusi Normal. Uji Paired-Sample T Test untuk ROM leher dan NDI Anak Usia Remaja Peserta Ekstrakurikuler *Game E-Sport*, keduanya bernilai signifikan yaitu 0,000 yang berarti pemberian *Contract Relax Streching dan Massage* efektif terhadap Fleksibilitas Leher yang ditunjukkan oleh peningkatan persentase nilai fleksibilitas ROM leher pada gerak aktif fleksi leher sample mengalami peningkatan 9,9%, pada gerak aktif ekstensi leher sample mengalami peningkatan 11,5%. Nilai Persentase peningkatan pada Kemampuan Fungsional leher 25%. Maka dapat disimpulkan bahwa pemberian latihan *Contract Relax Stretching* dan *Massage* terjadi peningkatan Fleksibilitas Leher.

Kata Kunci : Fleksibilitas Leher, Anak Usia Remaja, *Contract Relax Streching, Massage*, Kemampuan Fungsional Leher

ABSTRACT

Teenage Children Very often play E-Sport Games. Teenagers can spend an average of 2-3 hours playing e-sports games. When playing e-sports games, teenagers often use the posture of sitting down for too long, this posture can cause a decrease in the neck muscle area. This research aims to determine the impact of Contract Relax Stretching and Massage exercises on neck muscle shivering when looking down while playing E-Sport Games. This research used a pre-experimental method with a one group pre-test and post-test design. The research sample consisted of 20 people who were determined based on exclusion and drop out. The research measuring instruments used the Neck Disability Index (NDI) and Goniometer. This research was conducted in 12 meetings. The results of this research were tested for normality using the Shapiro Wilk test and testing the research hypothesis using the Paired Sample T-Test. Data from ROM and Functional Ability of the Neck. So it can be said that the Neck ROM and Neck Functional Ability data are normally distributed. Paired-Sample T Test for neck ROM and NDI for Adolescents Participating in Extracurricular E-Sport Games, both have significant values, namely 0.000, which means that Contract Relax Stretching and Massage are effective for Neck Flexibility. caused by the percentage value of the increase in neck ROM transmission of 9.9% in the active neck flexion movement of the sample, and in the active neck extension movement the sample increased 11.5%. Percentage value of increase in functional ability of the neck 25%. So it can be concluded that providing Contract Relax Stretching and Massage exercises increases neck flexibility.

Keywords: Neck Flexibility, Adolescents, Contract Relax Stretching, Massage, Functional Ability of the Neck