

ABSTRAK

Anak Usia 15-17 sangat sering memainkan game dan bisa menghabiskan waktu rata rata selama 2-3 jam dalam memainkan game. Ketika bermain game, 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 pengaruh pemberian latihan *Hold Relax Stretching* terhadap fleksibilitas leher pada siswa yang bermain game di SMAN 4 Denpasar. Metode penelitian yang digunakan adalah pre-eksperimental dengan desain *one group pre-test post-test*. Sampel yang terlibat dalam penelitian ini berjumlah 12 siswa laki-laki berusia 15-17 tahun yang memiliki hobi bermain game. Pengukuran fleksibilitas leher dilakukan menggunakan goniometer dan *Neck Disability Index (NDI)* sebelum dan sesudah intervensi. Hasil penelitian menunjukkan adanya peningkatan yang signifikan pada nilai rentang gerak (ROM) leher setelah diberikan latihan *Hold Relax Stretching* selama 4 minggu. Rata-rata peningkatan nilai fleksibilitas leher pada gerak aktif fleksi 11%, ekstensi 14 %, lateral fleksi 12%, dan rotasi 12% sementara nilai NDI menunjukkan penurunan disabilitas sebesar 26%.

Kata Kunci: *Hold Relax Stretching*, fleksibilitas leher, siswa, game.

ABSTRACT

Children aged 15-17 years often play games and can spend an average of 2-3 hours playing them. When playing games, teenagers often use a posture when sitting down for too long, this posture can result in decreased flexibility in the neck muscle area. This study aims to determine the effect of providing Hold Relax Stretching exercises on neck flexibility in students who play games at SMAN 4 Denpasar. The research method used was a pre-experimental with a one-group pre-test post-test design. The sample involved in this study amounted to 12 male students aged 15-17 years who have a hobby of playing games. Measurement of neck flexibility was carried out using a goniometer and Neck Disability Index (NDI) before and after the intervention. The results showed a significant increase in the value of the range of motion (ROM) of the neck after being given Hold Relax Stretching exercises for 4 weeks. The average increase in the value of neck flexibility in active flexion movements was 11%, extension 14%, lateral flexion 12%, and rotation 12% while the NDI value showed a decrease in disability by 26%.

Keywords: Hold Relax Stretching, Neck Flexibility, Students, Games.