

## ABSTRAK

Pramuniaga wanita sering mengalami ketegangan otot paha belakang dan betis akibat berdiri lama, yang dapat mengganggu keseimbangan tubuh dan kebugaran fisik. Penelitian ini bertujuan untuk mengetahui pengaruh *muscle energy technique* (MET) terhadap peningkatan ekstensibilitas otot ekstremitas bawah pada pramuniaga wanita di Gianyar. Jenis penelitian yang digunakan adalah pre-eksperimental dengan desain *one-group pre-test* dan *post-test*, melibatkan 23 sampel pramuniaga wanita berusia 24-27 tahun. Variabel bebas adalah *Muscle Energy Technique* (MET), sedangkan variabel terikat adalah ekstensibilitas otot *gastrocnemius* yang diukur dengan goniometer dan otot *hamstring* yang diukur dengan *sit and reach test*. Uji normalitas menggunakan *Shapiro Wilk Test* yang menunjukkan bahwa data berdistribusi normal ( $p > 0,05$ ). Uji kemaknaan menggunakan *paired sample t-test* dan menghasilkan nilai  $p = 0,001$ , menunjukkan perbedaan signifikan akibat pemberian *Muscle Energy Technique* (MET). Hasil penelitian menunjukkan peningkatan dorsofleksi kanan dan kiri sebesar 31,89%, serta peningkatan *sit and reach test* sebesar 49,34%. Oleh karena itu, *Muscle Energy Technique* (MET) disarankan sebagai intervensi untuk meningkatkan kemampuan otot ekstremitas bawah pramuniaga wanita yang menggunakan sepatu hak tinggi selama 4 jam kerja.

**Kata Kunci:** Ekstensibilitas, Otot Gastrocnemius, Otot Hamstring, Kebugaran Fisik, Keseimbangan Tubuh.

## ABSTRACT

*Saleswomen often experience tension in their hamstring and gastrocnemius muscles due to prolonged standing, which can interfere with their body balance and physical fitness. This study aims to determine the effect of the muscle energy technique (MET) on improving lower extremity muscle extensibility in female saleswomen in Gianyar. The study design was pre-experimental with a one-group pre-test and post-test design, involving 23 female sales clerks aged 24 to 27 years. The independent variable was the muscle energy technique (MET), while the dependent variables were lower extremity muscle flexibility, specifically the gastrocnemius muscle measured using a goniometer and the hamstring muscle measured using the sit and reach test. The normality test used the Shapiro-Wilk test, which indicated that the data were normally distributed ( $p > 0.05$ ). The significance test used a paired sample t-test and produced a p-value of 0.001, indicating a significant difference due to the application of the Muscle Energy Technique (MET). The study results showed an increase in right and left dorsiflexion of 31.89%, as well as an increase in the sit and reach test of 49.34%. Therefore, Muscle Energy Technique (MET) is recommended as an intervention to improve lower extremity muscle function in female sales clerks who wear high heels for 4 hours of work.*

***Keywords: Flexibility, Gastrocnemius Muscle, Hamstring Muscle, Physical Fitness, Body Balance.***