

ABSTRAK

UNIVERSITAS MUHAMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juli 2024
Moh Ardika Prayoga

Hubungan *Stretching* Dengan Kejadian *Shoulder Pain* Pada Anggota Club Persatuan Bulutangkis Putra Jember, 2024

Xvii + 117 halaman + 1 bagan + 9 tabel + 5 gambar + 15 lampiran

Abstrak

Stretching dapat mempengaruhi saraf dan meningkatkan fleksibilitas otot yang menegang. Jika seseorang tidak memiliki fleksibilitas yang cukup, gerakannya akan menjadi lebih lambat. Selain itu *Stretching* dapat meringankan nyeri karena *stretching* merupakan aktivitas yang melibatkan otot secara perlahan dan terkontrol. *Stretching* dapat memperlancar aliran darah yang membawa oksigen dan nutrisi yang membantu proses pemulihan dan mengurangi peradangan. Selain itu *stretching* dapat meringankan *shoulder pain*. *Shoulder Pain* atau nyeri bahu dapat terjadi akibat cedera atau penyakit pada sendi bahu yang dapat mempengaruhi ligamen, bursa, atau tendon yang mengelilingi sendi bahu. Penelitian ini bertujuan untuk mengetahui hubungan antara *stretching* dengan kejadian *shoulder pain* pada anggota club bulutangkis. Penelitian kuantitatif menggunakan metode *cross-sectional*. Populasi dalam penelitian ini adalah anggota club persatuan bulutangkis putra jember sebesar 44 orang. Teknik pengambilan sampel menggunakan simple random sampling. Pengumpulan data menggunakan lembar observasi dan kuesioner SPADI (*shoulder pain and disability index*) dan analisis dengan uji *Spearman's Rank*. Hasil uji analisis *Spearman Rank* didapatkan nilai $p\text{ value} = 0,001$ dan $r = -0,468$ yang berarti ada hubungan dengan kekuatan sedang dan arah negatif. Meningkatnya *stretching* maka semakin rendah pula tingkat *shoulder pain*.

Kata kunci : *Stretching*, *Shoulder Pain*, dan Bulutangkis
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ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Relationship between Stretching and the Incident of Shoulder Pain in Members of the Jember Men's Badminton Association Club. 2024

Xvii + 117 pages + 1 chart + 9 tables + 5 picture + 15 appendices

Abstract

Stretching can affect the nerves and increase the flexibility of tight muscles. If a person does not have enough flexibility, their movements will be slower. Apart from that, stretching can relieve pain because stretching is an activity that involves muscles slowly and in a controlled manner. Stretching can improve blood flow which carries oxygen and nutrients which helps the recovery process and reduces inflammation. Apart from that, stretching can relieve shoulder pain. Shoulder Pain or shoulder pain can occur due to injury or disease in the shoulder joint which can affect the ligaments, bursa or tendons that surround the shoulder joint. This study aims to determine the relationship between stretching and the incidence of shoulder pain in badminton club members. Quantitative research uses cross-sectional methods. The population in this study was 44 members of the Jember Men's Badminton Association club. The sampling technique uses simple random sampling. Data were collected using observation sheets and the SPADI (shoulder pain and disability index) questionnaire and analysis using the Spearman's Rank test. The results of the Spearman Rank analysis test showed that p value = 0.001 and r = -0.468, which means there is a relationship with moderate strength and a negative direction. The greater the stretching, the lower the level of shoulder pain.

Keywords : Stretching, Shoulder Pain, and Badminton
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