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Implementasi *William Flexion Exercise* pada Keluarga Dengan *Low Back Pain* (LBP) di Desa Karangpring Kecamatan Sukorambi Kabupaten Jember

xviii+ 116 halaman + 7 tabel + 7 gambar + 19 lampiran

ABSTRAK

Latar Belakang: *Low Back Pain* (LBP) merupakan gangguan muskuloskeletal yang sering dialami masyarakat dan dapat menyebabkan nyeri, keterbatasan mobilitas, serta penurunan kemampuan melakukan aktivitas sehari-hari. Penatalaksanaan LBP tidak hanya menggunakan terapi farmakologis, tetapi juga dapat dilakukan melalui intervensi nonfarmakologis, salah satunya William Flexion Exercise. Latihan ini bertujuan mengurangi nyeri, meningkatkan fleksibilitas, memperkuat otot penyangga tulang belakang, serta meningkatkan kemandirian klien. Peran keluarga sangat penting dalam mendukung keberhasilan pelaksanaan latihan di rumah. **Tujuan:** Menganalisis implementasi keperawatan keluarga melalui pendidikan kesehatan dan William Flexion Exercise pada keluarga dengan *Low Back Pain* di Desa Karangpring, Kecamatan Sukorambi, Kabupaten Jember. **Metode:** Penelitian menggunakan desain studi kasus deskriptif pada tiga klien. Implementasi meliputi pendidikan kesehatan mengenai *Low Back Pain*, demonstrasi dan pendampingan William Flexion Exercise, serta evaluasi kemampuan keluarga dalam melakukan latihan secara mandiri. Intervensi dilaksanakan selama tiga hari. **Hasil:** Setelah implementasi, terjadi penurunan intensitas nyeri pada seluruh klien, yaitu Klien 1 dari skala 4 menjadi 2, Klien 2 dari skala 5 menjadi 3, dan Klien 3 dari skala 4 menjadi 2. Selain itu, kemampuan keluarga dalam memahami, mendemonstrasikan, dan mendampingi pelaksanaan William Flexion Exercise meningkat sehingga klien mampu melakukan latihan secara mandiri di rumah. **Diskusi:** Implementasi keperawatan keluarga melalui William Flexion Exercise memberikan hasil positif dalam membantu menurunkan intensitas nyeri, meningkatkan fungsi fisik, serta meningkatkan kemampuan keluarga dalam mendukung perawatan klien dengan *Low Back Pain*.

Kata kunci: *Low Back Pain*, William Flexion Exercise, Keperawatan Keluarga

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Final Nursing Paper, July 2026
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*Implementation Of William Flexion Exercise in Families with Low Back Pain (LBP)
in Karangpring Village, Sukorambi District, Jember Regency*

xviii + 116 page + 7 tables + 7 pictures + 19 appendices

ABSTRACT

Background: Low Back Pain (LBP) is a common musculoskeletal disorder that can cause pain, limited mobility, and decreased ability to perform daily activities. The management of LBP involves not only pharmacological therapy but also non-pharmacological interventions, one of which is William Flexion Exercise. This exercise aims to reduce pain, improve flexibility, strengthen the muscles supporting the spine, and enhance patients' functional independence. Family involvement plays an essential role in supporting the successful implementation of the exercise at home. **Objective:** To analyze the implementation of family nursing through health education and William Flexion Exercise among families with Low Back Pain in Karangpring Village, Sukorambi District, Jember Regency. **Methods:** This descriptive case study involved three clients. The intervention included health education about Low Back Pain, demonstration and supervision of William Flexion Exercise, and evaluation of the family's ability to perform the exercise independently. The intervention was conducted over three days. **Results:** Following the intervention, pain intensity decreased in all clients: Client 1 from a pain scale of 4 to 2, Client 2 from 5 to 3, and Client 3 from 4 to 2. In addition, family knowledge and skills in understanding, demonstrating, and assisting William Flexion Exercise improved, enabling clients to perform the exercise independently at home. **Discussion:** The implementation of family nursing through William Flexion Exercise had positive outcomes in reducing pain intensity, improving physical function, and enhancing the family's ability to support the care of clients with Low Back Pain.

Keywords: Low Back Pain, William Flexion Exercise, Family Nursing.

References: 25 (2022-2026)