

**DIFFERENCES IN THE INFLUENCE OF DEEP NECK MUSCLE
EXERCISE AND NECK CALLIET EXERCISE ON PAIN AND
IMPROVING THE ABILITY OF FUNCTIONAL ACTIVITIES IN
STUDENTS WITH NECK PAIN CONDITIONS**

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ABSTRACT

Background : Neck pain is pain in the neck, pain that is felt in the posterior area of the cervical spine from the superior nuchal line to the first thoracic spinous process, this occurs as a result of unergonomic posture and the duration of using a laptop or computer for a long time without stretching to rest. One of the physiotherapy interventions that can be done to reduce neck pain includes neck calliet exercise and deep neck muscle exercise.

Objective : to determine the difference in the effect of deep neck muscle exercise and neck calliet exercise on pain and increasing functional activity abilities in students with neck pain conditions.

Method : This research uses a quasi-experimental research method, namely a two group pre and post design approach. The research subjects were 50 respondents divided into 2 groups, each group consisting of 25 respondents, where group 1 was given the Deep Neck Muscle Exercise treatment and group 2 was given the Neck Calliet Exercise treatment.

Results: The Willcoxon test in the deep neck muscle exercise group obtained a value of 0.003 ($p < 0.05$) and neck calliet exercise group a value of 0.004 ($p < 0.05$). The results of the Man Whitney test obtained The significance value for deep neck muscle exercise and neck calliet exercise was found to be $p = 0.038$.

Conclusion: There is a difference in the effect before and after being given deep neck muscle exercise and neck calliet exercise treatment on increasing functional activity abilities, and there is a difference in the effect before and after being given deep neck muscle exercise and neck calliet exercise treatment on reducing pain in students with neck pain conditions.

Keywords : deep neck muscle exercise, neck calliet exercise, neck pain, pain, students