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THE DIFFERENCE OF INFLUENCE OF DYNAMIC NECK EXERCISE NECK WITH STRETCHING EXERCISE AGAINST A DECREASE IN NECK PAIN AT THE TAILOR IN THE AFLAHA COLLECTION GROGOL SUKOHARJO	
ABSTRACT	
<p>Introduction : The Aflaha Collection is the one outfit that produces convection since the year 1994. As many as 50 people worked as a seamstress. One of the complaints that are experienced by the tailor is neck pain. Objective: to know the influence of dynamic neck exercise neck stretching and exercise against a decrease in neck pain at the tailor and know the different influence of dynamic neck exercise neck stretching and exercise against a decrease in neck pain at the tailor. Methods: this study using True Experimental with pretest-posttest control group design. Sampling Simple Random Sampling technique with a total sample of 30 people. Data analysis with paired t-test and independent t - tes. Result : There is the influence of dynamic neck exercise against a reduction in neck pain with the result of significance of 0,000 (P<0,05) and there is the influence of the neck stretching exercise against a reduction in neck pain with the results of the significance of 0,000 (P<0,05) and there is no difference between the groups influence the given dynamic neck exercise with a group given neck stretching exercise with the result the significance of 0.122 (P > 0.05). Conclusion: there is a dynamic influence neck exercise neck stretching and exercise against a reduction in neck pain at the tailor and there is no difference in the influence of dynamic neck exercise neck stretching and exercise against a reduction in neck pain at the tailor.</p>	
<p>Key Word : <i>Neck Pain, Dynamic Neck Exercise, Neck Stretching Exercise, Taylor</i></p>	