

**DIFFERENCE BETWEEN THE EFFECT OF HOLD RELAX AND
PASSIVE STRETCHING FOR DECREASING PAIN DUE TO
MUSCLE FEVER IN STUDENTS'PECTORALIS MAJOR
OF STIKES AISYIYAH
SURAKARTA**

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Background: *Third semester student of DIV Physiotherapy STIKES 'Aisyiyah Surakarta has 46 female members, most of them complain for pectoralis major pain during few days after they had pushed up. To reduce pain in female students, it can be done by holding relax and passive stretching. Objectives:* *This study aimed to determine the differences between the effect of hold relax and passive stretching on decreasing pain due to muscle fever in female students. Methods:* *This study used a quasi experimental method with two group pre and post test design research designs. Sampling with purposive sampling. The number of samples in this study were 36 respondents. Results:* *The results of this study were significant $p=0.000$ ($p<0.05$), means that there were any differences in the effect of hold relax and passive stretching to decrease muscle fever pain in female students. Conclusion:* *With these results it can be concluded that there are differences between the effect of hold relax and passive stretching on decreasing pain due to muscle fever in female students.*

Keywords: *Students, Hold Relax, Passive Stretching, Muscle Fever*

- * DIV Fisioterapi college student in STIKES 'Aisyiyah Surakarta
- ** STIKES 'Aisyiyah Surakarta lecture
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