

THE EFFECT OF AUTO STRETCHING TOWARDS A DECREASE IN THE UPPER TRAPEZIUS PAIN BIKERS GOJEK IN PEDARINGAN KENTINGAN JEBRES SURAKARTA

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ABSTRACT

Background; *Biker/gojek constitute an employment or activities that are at risk of experiencing musculoskeletal disorders due to activities in drive, there are factors that create pain in the muscles around the neck, due to the static position, the long drive, and position that are not ergonomic can cause pain in the upper trapezius. Therefore can do auto stretching fortunately reduces muscle pain upper trapezius. Purpose;* *Knowing the effect of auto stretching to decrease pain in the upper trapezius muscle. Method;* *Quantitative research of pre-experimental design with techniques one group pre test and post test design. Research of sampling techniques in accordance with criteria of inclusion, criteria exclusion and criteria drop out. With the number of samples 18 people. With the instrument using VAS (Visual Analog Scale). Results;* *Paired sample test results test of significance value obtained, $P = .004$. The results show that the probability of a value less than 0.05 so inconclusive H_a accepted and H_0 rejected. Conclusion;* *There is an effect of auto stretching on upper trapezius pain reduction to bikers/gojek.*

Keywords; *Bikers, auto stretching, VAS (Visual Analog Scale)*