

**THE INFLUENCE OF HOLD RELAX STRETCHING A
DECREASE IN PAIN DUE TO DELAY THE ONSET MUSCLE
SORENESS IN THE SANTRIWAN MUSCLES HAMSTRING IN
THIRDCCLASS PONDOK PESANTREN JAMSAREN
SURAKARTA**

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ABSTRACT

Background: Teens tend to be lazy for activities and prone to fatigue, lack of physical activity can cause muscle disorders. One fisiologi response of the body to adapt to the growing use of muscles as an introduction to physical activity that has not been done before is called DOMS. Physiotherapy modalities used to reduce pain due to hold-relax stretching DOMS ie. **Purpose:** To determine the effect of hold-relax against a decrease in pain due to Delay Onset Muscle soreness. **Methods:** This study uses a pre-experimental design methods, techniques one-group pretest-posttest. Samples were taken 25 santriwan of 63 population by using simple random sampling technique. Scale Talag using research instruments. **Results:** The Wilcoxon note that the data on the value of the pretest-posttest pain caused by Doms, $p = 0.01$ ($p < 0.05$). **Conclusion:** Judging from the data obtained can be concluded that the hold-relax stretching giving effect on pain reduction Doms.

Keywords: Delay Onset Muscle Soreness, Physical Activity, Hold-Relax Stretching

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