

ABSTRAK

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EFEKTIVITAS ICE COMPRESS DAN MASSAGE TERHADAP PENURUNAN NYERI AKIBAT DELAYED ONSET MUSCLE SORENESS (DOMS) PADA OTOT GASTROCNEMIUS MAHASISWI FISIOTERAPI STIKES 'AISYIYAH SURAKARTA	
ABSTRAK	
<p>Pendahuluan: Banyak remaja saat ini cenderung menjadi hipokinetik yang akan cepat mengalami kelelahan setelah melakukan aktivitas fisik karena kondisi kebugaran fisiknya yang kurang prima, hal ini akan mudah menyebabkan terjadinya gejala <i>Delayed Onset Muscle Soreness</i> (DOMS). Ada berbagai macam modalitas fisioterapi, salah satunya berupa terapi dingin yang digunakan untuk mencegah dan menurunkan nyeri akibat DOMS. Penelitian ini membandingkan antara <i>ice compress</i> dan <i>massage</i> terhadap penurunan nyeri akibat DOMS. Tujuan: Untuk mengetahui pengaruh <i>ice compress</i> dan <i>massage</i> terhadap penurunan nyeri akibat DOMS, perbedaan <i>ice compress</i> dan <i>massage</i> terhadap penurunan nyeri akibat DOMS. Metode Penelitian: Penelitian ini merupakan penelitian eksperimental <i>multi groups posttest only with control design</i>. Subyek Penelitian: Sebanyak 48 orang mahasiswi, terdiri dari kelompok perlakuan I (<i>ice compress</i>) 16 orang, kelompok perlakuan II (<i>massage</i>) 16 orang, dan kelompok kontrol (tanpa perlakuan) 16 orang. Tempat: Laboratorium Fisioterapi STIKES 'Aisyiyah Surakarta. Waktu: 23-26 Mei 2017. Analisis Data: Analisis dilakukan secara deskriptif dan statistik menggunakan uji hipotesis non parametrik dengan uji <i>kruskal-wallis</i> dilanjutkan uji analisis <i>post hoc</i> dengan uji <i>mann-whitney</i>. Hasil: uji analisis <i>post hoc</i> menggunakan uji <i>mann-whitney</i> antara kelompok <i>ice compress</i> dengan kelompok kontrol diperoleh $p=0,000$ <i>talag scale</i> 24 jam, $p=0,000$ <i>talag scale</i> 48 jam, dan $p=0,000$ <i>talag scale</i> 72 jam dengan keseluruhan nilai $p<0,05$ yang berarti <i>ice compress</i> berpengaruh terhadap penurunan nyeri akibat DOMS. Uji analisis <i>post hoc</i> menggunakan uji <i>mann-whitney</i> antara kelompok perlakuan <i>massage</i> dengan kelompok kontrol diperoleh $p=0,003$ <i>talag scale</i> 24 jam, $p=0,026$ <i>talag scale</i> 48 jam, dan $p=0,000$ <i>talag scale</i> 72 jam dengan keseluruhan nilai $p<0,05$ yang berarti <i>massage</i> berpengaruh terhadap penurunan nyeri akibat DOMS. Uji analisis <i>post hoc</i> menggunakan uji <i>mann-whitney</i> antara kelompok perlakuan <i>ice compress</i> dan kelompok perlakuan <i>massage</i> diperoleh $p=0,184$ <i>talag scale</i> 24 jam, $p=0,094$ <i>talag scale</i> 48 jam, dan $p=0,043$ <i>talag scale</i> 72 jam dengan dominan nilai $p>0,05$ yang berarti tidak ada perbedaan pengaruh secara bermakna antara <i>ice compress</i> dengan <i>massage</i> terhadap penurunan nyeri akibat DOMS. Kesimpulan: <i>Ice compress</i> dan <i>massage</i> dapat menurunkan nyeri akibat DOMS berdasarkan nilai <i>talag scale</i> 24, 48, dan 72 jam dan tidak ada perbedaan pengaruh secara bermakna antara <i>ice compress</i> dan <i>massage</i> terhadap penurunan nyeri akibat DOMS, namun dilihat dari rerata nilai <i>talag scale</i> didapatkan hasil bahwa <i>ice compress</i> lebih efektif menurunkan nyeri akibat DOMS.</p>	
Kata Kunci: <i>Delayed Onset Muscle Soreness</i> (DOMS), <i>Ice compress</i> , <i>Massage</i>	

ABSTRACK

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THE EFFECTIVITY OF ICE COMPRESS AND MASSAGE TOWARD DECREASE PAIN OF DELAYED ONSET MUSCLE SORENESS (DOMS) ON GASTROCNEMIUS MUSCLE DIV PHYSIOTHERAPY STUDENT IN STIKES 'AISYIYAH SURAKARTA	
ABSTRACK	
<p>Introduction: Many teenagers now tend to be hypokinetic who will experience fatigue quickly after doing physical activity because of the physical condition of fitness is not prime, it will easily cause by symptoms of Delayed Onset Muscle Soreness (DOMS). There are various kinds of physiotherapy modalities one of that is a modality of cold therapy that used to prevent and decrease DOMS. This research is comparing between ice compress and massage toward the decrease pain of DOMS. Purpose: To find out whether ice compress and massage can decreasing the pain of DOMS. Method: This research is an experimental study of multi groups posttest only with control design. Subject of Research: 48 people, consist of group I (ice compress) 16 people, group II (massage) 16 people, and group III (control group) 16 people. Place: The laboratory training therapy of physiotherapy STIKES 'Aisyiyah Surakarta. Time: 23-26 May 2017. Data Analysis: the analysis was done descriptively and statistically using non parametric hypothesis test with kruskal-wallis test followed by post hoc analysis with mann-whitney test. Result: Post hoc analysis test using mann-whitney test between ice compress group and control group obtained $p=0,000$ talag scale 24 hours, $p=0,000$ talag scale 48 hours, and $p=0,000$ talag scale 72 hours overall value of $p<0,05$ which means ice compress has an effect on decreasing pain of DOMS. Post hoc analysis test using mann-whitney test between massage group and control group obtained $p=0,003$ talag scale 24 hours, $p=0,026$ talag scale 48 hours, and $p=0,000$ talag scale 72 hours overall value $p<0,05$ it means that massage has an effect of decreasing pain of DOMS. post hoc analysis test using mann-whitney test between ice compress group and massage group was obtained $p=0,184$ talag scale 24 hours, $p=0,094$ talag scale 48 hours, and $p=0,043$ talag scale 72 hours with dominant value $p>0,05$ which means there is no a significant difference in effect between ice compress and massage pain of DOMS decrease. Conclusions: Ice compress and massage can decrease pain of DOMS based on talag scale values at 24, 48, and 72 hours. However, there is no significant difference in effect between ice compress and massage to decrease pain of DOMS but more effective ice compress for decrease pain of DOMS.</p>	
Keywords: <i>Delayed Onset Muscle Soreness (DOMS), Ice compress, Massage</i>	

