

THE EFFECT OF PROVIDING PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION-CONTRACT RELAX AND STATIC STRETCHING ON INCREASING HAMSTRING MUSCLE FLEXIBILITY IN THE ELDERLY

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ABSTRACT

Background: Aging is a phase of life that every human being experiences. Increasing age is accompanied by a decline in physical and psychological abilities. One of them is the musculoskeletal system which will have an impact on reducing muscle and joint flexibility. The hamstring muscles are one of the muscles most likely to experience shortening related to hamstring flexibility. Proprioceptive Neuromuscular Facilitation (PNF-CR) and Static Stretching exercises are one type of exercise to stretch the hamstring muscles. **Objective:** To determine the effect of giving PNF-CR and Static Stretching on increasing hamstring muscle flexibility in the elderly. **Method:** Quantitative research with a quasi-experimental method (Quasy Experimental) using one-group pre-test and post-test without a control group. **Results:** Based on the paired sample t test, a significance value of $p=0.000$ (<0.05) was obtained for right hamstring flexibility and $p=0.000$ (<0.05) for left hamstring flexibility, which means H_a was accepted. **Conclusion:** There is an effect of providing proprioceptive neuromuscular facilitation-contract-relax (PNF-CR) and static stretching on increasing hamstring muscle flexibility in the elderly.

Keywords: Elderly, hamstring flexibility, PNF-CR, Static Streching