

**THE EFFECT OF MC KENZIE EXERCISE ON THE LEVEL OF LOW
BACK PAIN IN BATIK CRAFTSMEN
IN LAWEYAN SUB-DISTRICT**

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Background: Low back pain is one of the diseases that contribute greatly to disability. World Health Organization (WHO) states the incidence of low back pain is 619 million people worldwide and is expected to increase to 843 million cases by 2050. One of the interventions that support is Mc Kenzie Exercise therapy to treat low back pain. **Objective:** to determine the effect of Mc Kenzie Exercise on the level of low back pain in batik craftsmen. **Research Methods:** type of Pre-Experimental research with One-Group Pre Test-Post Test Design. Using sampling techniques in the form of nonprobability sampling, namely purposive sampling method. Sample 15 batik craftsmen. Mc Kenzie Exercise was done 8x for 4 weeks. Data analysis used is the Wilcoxon sign rank test. **Research Results:** in this study before the intervention, batik craftsmen mostly experienced moderate pain with a percentage of 46.7%, after the intervention decreased to a mild pain scale with a percentage of 53.3%, and the results of the Wilcoxon test obtained a p-value of 0.005 <0.05, which means that there is an effect of Mc Kenzie Exercise on reducing low back pain. **Conclusion:** Mc Kenzie Exercise has an effect on reducing low back pain in batik craftsmen.

Keywords: Mc Kenzie Exercise, low back pain, batik craftsmen.