

## **Pengaruh Senam Peregangan Terhadap Nyeri Pinggang Pada Perawat di RSUI Kustati Surakarta**

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Intisari**

**Latar Belakang :** Nyeri pinggang merupakan salah satu masalah kesehatan yang sangat umum yang seringkali dikeluhkan oleh tenaga kesehatan termasuk perawat. asuhan keperawatan seperti mengangkat, memindahkan pasien agar diposisikan tirah baring, membungkuk saat menyuntik dan dilakukan dalam jangka waktu yang lama dapat meningkatkan nyeri pinggang. salah satu upaya untuk menurunkan nyeri pinggang adalah dengan melakukan senam peregangan.

**Tujuan :** Mengetahui pengaruh senam peregangan terhadap nyeri pinggang pada perawat di RSUI Kustati Surakarta.

**Metode:** Jenis penelitian *Quasy Eksperimental* dengan pendekatan *one grup pre test and post test*. Sampel penelitian adalah 48 perawat yang mengalami nyeri pinggang dengan teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan SOP senam peregangan dan pengukuran nyeri menggunakan *Numeric Rating Scale (NRS)*. Data tingkat nyeri pinggang dilakukan dengan menggunakan uji *Wilcoxon Signed Rank Test*.

**Hasil :** Sebanyak 43 orang (89,6%) sebelum diberikan senam peregangan mengalami nyeri sedang. 5 orang (10,4%) dengan nyeri ringan. Sesudah melakukan senam peregangan 31 orang (64,6%) mengalami nyeri sedang, 17 orang (35,4%) dengan nyeri ringan. Hasil *Wilcoxon Signed Rank test* diperoleh nilai *p-value = 0,001*.

**Kesimpulan :** Ada pengaruh senam peregangan terhadap nyeri pinggang pada perawat di RSUI Kustati Surakarta.

**Kata kunci:** Senam peregangan, nyeri pinggang, perawat

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## ABSTRACT

### THE EFFECT OF STRETCHING EXERCISE ON LOW BACK PAIN IN NURSES AT RSUI KUSTATI SURAKARTA

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**Background:** Low back pain is a health problem that is often complained by health workers such as nurses. Nursing care such as lifting, moving the patient in a bed rest position, and bending in injecting for a long time can increase low back pain. An effort in reducing low back pain is stretching exercises.

**Objectives:** To determine the effect of stretching exercises on low back pain in nurses at RSUI Kustati Surakarta.

**Method:** Quasi experimental research with a one-group pre-test and post-test approach. The research sample was 48 nurses with low back pain. The sampling technique used purposive sampling. The research instrument used SOP of stretching exercises and pain measurement used the Numeric Rating Scale (NRS). Low back pain level data used the Wilcoxon Signed Rank Test.

**Results:** 43 people (89.6%) experienced moderate pain and 5 people (10.4%) experienced mild pain before stretching exercises. 31 people (64.6%) experienced moderate pain and 17 people (35.4%) experienced mild pain after stretching exercises. The results of the Wilcoxon Signed Rank test obtained a p-value = 0.001.

**Conclusion:** There is an effect of stretching exercises on low back pain in nurses at RSUI Kustati Surakarta.

**Keywords:** Stretching Exercises, Low Back Pain, Nurses

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