

*Health Polytechnic Ministry Of Health Bandung*

*Nursing study program (bogor campus) program Diploma III*

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*Application of William's Flexible Stretching to the Level of Lower Back Pain in Pre-Elderly Sleeping in the Elderly in Rw.07 Sindang Sari Kelurahan Kebon Kelapa Kecamatan Bogor Tengah*

*i-xvi + 95 pages, V CHAPTER, 6 tables, 10 Picture , 7 attachments*

## **ABSTRAK**

**Background :** *Increasing age causes reduced muscle strength and limitations in activities and work. The elderly complain of pain in the lower back. Objective :* *Williams Flex aims to reduce or eliminate pain in the lower back. Methods :* *Sampling in this study used non-probability sampling with a purposive sampling technique through screening of pre-elderly people using a pain scale questionnaire and 3 people were obtained who met the sample criteria. Result :* *The results of this study indicate that the application of William's flexible stretching is effective in reducing the level of lower back pain in the elderly from the moderate pain scale (5-6). The William's flexible stretching is effective in reducing the level of lower back pain in the elderly with lower back pain. From a pain scale of 5 to 6 (Moderate pain) to mild (1-3) after being given the application of flexible stretching william back pain reduced. Conclusion :* *The application of William's flexible stretching can be recommended to reduce the scale of lower back pain and muscle stiffness in the elderly at Posbindu.*

**Keywords** : *Lower Back Pain, Pre-Elderly, Flexible Stretching William*

**Bibliography** : *23 sources (2018 – 2023)*

Politeknik Kesehatan Kementerian Kesehatan Bandung

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Penerapan *Stretching Fleksibel William* Terhadap Tingkat Nyeri Punggung Bawah Pada Pra Lansia Di Rw.07 Kelurahan Kebon Kelapa Kecamatan Bogor Tengah.

i-xvi + 95 halaman, V BAB, 6 tabel, 10 gambar, 7 lampiran

### ABSTRAK

**Latar Belakang:** Bertambahnya usia menyebabkan berkurangnya kekuatan otot dan keterbatasan aktivitas dan pekerjaan lansia mengeluh nyeri pada punggung bawah. **Tujuan :** penerapan stretching Fleksibel william bertujuan untuk mengurangi atau menghilangkan rasa nyeri di punggung bagian bawah. **Metode :** pengambilan sampel pada penelitian ini menggunakan Non-Probability sampling dengan teknik purposive sampling melalui skrining pada pra lansia dengan menggunakan kuesioner skala Nyeri dan di dapatkan 3 orang yang memenuhi kriteria sampel. **Hasil :** Hasil dari penelitian ini menunjukkan bahwa penerapan stretching fleksibel william mampu menurunkan tingkat nyeri punggung bawah pada pra lansia dari skala nyeri sedang (5-6) menjadi nyeri ringan (1-3) **Kesimpulan:** penerapan stretching *fleksibel william* dapat direkomendasikan untuk mengurangi skala nyeri punggung bawah, kaku otot pada pra lansia di posbindu.

**Kata Kunci :** Nyeri Punggung Bawah, Pra Lansia, *Stretching Fleksibel william*

**Daftar Pustaka :** 23 sumber (2018 – 2023)