

EFFECT OF “LAJIN” STRETCH ON LUMBAR FLEXIBILITY AND DISCOMFORT AMONG WORKERS IN SEMARANG

Steven Adi Mulia¹⁾, Yuliani Setyaningsih¹⁾, Amin Husni²⁾

¹⁾Masters Program in Health Promotion, Faculty of Public Health, Universitas Diponegoro

²⁾Faculty of Medicine, Universitas Diponegoro

ABSTRACT

Background: Low back pain (LBP) is a very common health problem amongst population and a major cause of disability that affects work performances and well-being. Lajin is a simple way of proactive health management. When practiced correctly, it can help enhance overall health and promote longevity by cleansing vital energy channels in the body, thus enabling smooth Qi and blood flow. This study aimed to examine the effect of “Lajin” stretch on lumbar flexibility and discomfort among workers.

Subjects and Method: This was a quasi-experiment with pre-test and post-test with control group design, carried out in Semarang. A total sample of 37 office workers aged 21-50 years was selected for this study, consisting of 21 workers in intervention groups and 16 workers in control group. The dependent variables were lumbar flexibility and discomfort. The independent variable was Lajin stretch. The data on lumbar flexibility were collected by Modified Schober Test (MST). Schober's test is a physical examination used in physical medicine and rehabilitation and rheumatology to measure the ability of a patient to flex the lower back. The data were analyzed using univariate and bivariate.

Results: Lajin stretch increased lumbar flexibility and decreased lumbar discomfort, and they were statistically significant.

Conclusion: Lajin stretch increases lumbar flexibility and decreases lumbar discomfort.

Keywords: stretching, Lajin, flexibility, discomfort, lumbar

Correspondence:

Steven Adi Mulia. Masters Program in Health Promotion, Faculty of Public Health, Universitas Diponegoro, Semarang, Central Java. Email: healingtarget@gmail.com. Mobile: 0818458777.