

# DEVELOPMENT OF HEALTH MASAGE FOR IMPROVING WORK PRODUCTIVITY FOR PHYSICAL DISABILITY

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## ABSTRACT

This research is a development research on patterns / ways to modify the health massage form. The development of health massage is expected to increase productivity and provide appropriate techniques for people with disabilities, especially people with disabilities who have disabilities in the lower limbs.

The general objective of this research is to develop a form of health massage with appropriate techniques to increase work productivity for persons with disabilities. The specific target to be achieved in this research is to find techniques and patterns of health care that are right for people with disabilities to improve work productivity. The target of this study was designed through three stages, namely survey research, development research, and experimental research. Research subjects with disabilities specifically for people with disabilities monoplegia who took part in the program at the Integrated Rehabilitation Center for People with Disabilities in Bantul, Yogyakarta.

Based on the results of the study it can be concluded that the perception of health massage is very good and deserves to be applied. In addition, massage that is applied effectively to overcome health and overcome complaints of pain. The specifications for the form of health massage are body positions consisting of three positions, namely supine and sitting on your stomach. In the prone position starting from the left starts from the bottom, namely the left leg. In the supine position, the massage begins with the left foot and toes. In a sitting position the massage starts from the right shoulder. The technique used from these three positions uses friction, petrisase, tapotement, walken, skin rolling and effleurage. In addition massage is safe for persons with disabilities, safe in dealing with health and safe for increasing work productivity. Work productivity that can be improved includes: (1) motivation, (2) knowledge, (3) skills, and (4) attitude.

Kata Kunci: *massage, health, work productivity*