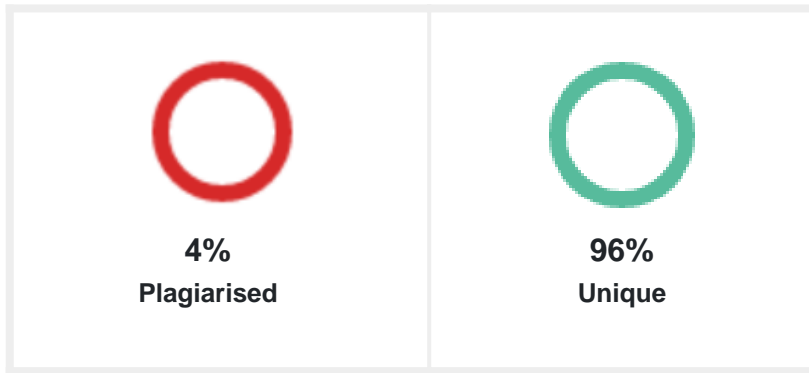




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MODIFIKASI PAYAS AGUNG BADUNG WANITA MENGURANGI KELUHAN MUSKULOSKELETAL, KELELAHAN DAN BEBAN KERJA SERTA MENINGKATKAN KENYAMANAN BERBUSANA Oleh: Made sri putri Purnamawati Abstract Payas Agung Badung (PAB) wasa kind of traditional Balinese dress. There were two types of PAB, namely for men and for women. Its composition consisted of a headdress and clothing on the body. Now the PAB was increasingly popular, and widely used in religious ceremonies such as mapandes (tooth filing ceremony), ngeraja sewala (puberty rites-of-age), pawiwahan (marriage ceremony), and mamukur (one of the series of pitra yadnyaceremonies), regardless of caste, the clothes could be rent without buying it. The problem was that in women; PAB usage was more complicated, it took a long dresser. During the PAB wear the wearer feel discomfort as a result of its usagewas too tight around their body. Also during wear PAB wearer impossible to urinate or defecate, because if it happened,they need totook off back the PAB that was already wearing. From the research it could be concludedthat the modification PAB, women could: (1) reduce the workload; (2) reducethe musculoskeletal complaints wearer; (3) reduce the user fatigue; and (4) increase the comfort of dress. From the results of the study, it could be suggested the following matters: (1) The results and benefits of this research could be used by the wearer of payas agung inother areas. and(2) The results of this study could be used a reference for similar research. Keywords: payas agung badung, modification, muscle complaints, fatigue, comfort dress ABSTRAK Payas Agung Badung (PAB) adalah salah satu jenis busana tradisional Bali. Ada dua jenis PAB, yaitu untuk laki-laki dan untuk wanita. Komposisinya terdiri dari hiasan kepala dan busana di badan. Sekarang ini PAB semakin populer, dan banyak dipakai pada saat upacara agama seperti mapandes (upacara potong gigi), ngeraja sewala (upacara akil-balig), pawiwahan (upacara perkawinan), dan mamukur (salah satu rentetan upacara pitra yadnya), tanpa memandang kasta. Pakaian cukup disewa tanpa membelinya. Masalahnya ialah bahwa pada wanita; pemakaian PAB lebih rumit, memerlukan waktu rias yang lama. Selama memakai PAB tersebut si pemakai merasakan ketidak-nyamanan akibat pemakaiannya terlalu ketat melilit di badan. Juga selama memakai PAB si pemakai tidak mungkin untuk buang air kecil atau buang air besar, sebab kalau hal itu terjadi maka akan membongkar kembali PAB yang sudah dipakainya. Dari hasil penelitian dapat disimpulkan, bahwa dengan modifikasi PAB wanita dapat: (1) mengurangi beban kerja; (2) mengurangi keluhan muskuloskeletal pemakai; dan (3) mengurangi kelelahan pemakai; dan (4) meningkatkan kenyamanan berbusana. Dari hasil penelitian ini dapat disarankan hal-hal sebagai berikut: (1) Hasil dan manfaat dari penelitian ini bisa dipakai pemakai payas agung daerah lainnya. (2) Hasil dari penelitian ini bisa dipakai acuan bagi penelitian yang sejenis. Kata Kunci : payas agung badung, modifikasi, keluhan otot, kelelahan, kenyamanan berbusana

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