

INTISARI

HUBUNGAN MASA KERJA TERHADAP KEJADIAN

LOW BACK PAIN PADA PENENUN DI KECAMATAN PEDAN

Berliana Rias Kusuma, Warih Anjari Dyah SSt. FT., M.Or., Binuko Amarseto
SSt. FT., M.Or

Program Studi D-IV Fisioterapi, Sekolah Tinggi Ilmu Kesehatan Nasional

Dosen Program Studi Fisioterapi, Sekolah Tinggi Ilmu Kesehatan Nasional

Latar Belakang : Di era modern saat ini masih banyak pekerja tradisional salah satunya yaitu penenun. Dimana para penenun memiliki berbagai tingkat kategori masa kerja yang dibagi menjadi tiga yaitu, masa kerja baru < 6 tahun, masa kerja sedang 6-10 tahun, dan masa kerja lama > 10 tahun. semakin lama masa kerja maka semakin lama juga seseorang melakukan pekerjaannya dengan posisi yang salah dan berulang (*repetitive*) sehingga meningkatkan risiko terjadinya *low back pain*.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui hubungan masa kerja terhadap kejadian *low back pain* pada penenun di Kecamatan Pedan.

Metode Penelitian : Analisis ini menggunakan variabel *independent* yaitu masa kerja dan variabel *dependent* adalah *low back pain*. Sampel penelitian ini adalah penenun di Kecamatan Pedan. Pengambilan sampel dilakukan dengan metode *purposive sampling* dengan jumlah sampel sebanyak 20 penenun. Pengumpulan data dilakukan dengan pengisian kuesioner. Metode statistik menggunakan uji *somers'd*.

Hasil Penelitian : Berdasarkan pengujian statistik ini diperoleh nilai *p value* 0.009 yang menunjukkan bahwa masa kerja pada penenun memiliki hubungan yang signifikan terhadap kejadian *low back pain*.

Kesimpulan : Adanya hubungan masa kerja terhadap kejadian *low back pain* pada penenun di Kecamatan Pedan.

Kata Kunci : Masa Kerja, *Low Back Pain*, Penenun

ABSTRACT

Relationship Between Years Of Service And The Incidence Of Low Back Pain Among Weavers In Pedan

Berliana Rias Kusuma, Warih Anjari Dyah SSt. FT., M.Or., Binuko Amarseto
SSt. FT., M.Or

D-IV Physiotherapy Study Program, National College of Health Sciences
Lecturer of Physiotherapy Study Program, National College of Health Sciences

Background : In the modern era, there are still many traditional workers, one of which is a weaver. Where the weavers have various levels of working period categories which are divided into three, namely, new tenure of < 6 years, medium tenure of 6-10 years, and long service period of > 10 years. The longer the working period, the longer a person will do his job in the wrong and repetitive position, thus increasing the risk of low back pain.

Research Purposes : This study aims to determine the relationship between tenure and the incidence of low back pain in weavers in the Pedan sub-district.

Research Methods : This analysis uses the independent variable, namely years of service and the dependent variable is low back pain. The sample of this research is weavers in Pedan District. Sampling was done by purposive sampling method with a total sample of 20 weavers. Data was collected by filling out a questionnaire. The statistical method uses the somers'd test.

Research Results : Based on this statistical test, a p value of 0.009 was obtained which indicates that the working period of the weaver has a significant relationship with the incidence of low back pain.

Conclusion : There is a relationship between years of service and the incidence of low back pain among weavers in Pedan District.

Keywords : Working Period, Low Back Pain, Weaver