

PENGARUH USIA, DURASI KERJA, RIWAYAT TRAUMA TULANG BELAKANG, DAN POSTUR KERJA TERHADAP KELUHAN *LOW BACK PAIN* TAHUN 2023

(Studi pada Pekerja di Departemen Dukungan Produksi Divisi Kapal Perang PT. PAL Indonesia)

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ABSTRAK

Low back pain (LBP) merupakan nyeri di daerah antara tulang rusuk bawah dan di atas kaki, 90% kasus nyeri punggung bawah disebabkan oleh postur kerja yang buruk. Pekerja di Departemen Dukungan Produksi Divisi Kapal Perang PT. PAL Indonesia mengeluhkan *low back pain* setelah bekerja dengan posisi duduk sedikit membungkuk menghadap komputer dalam waktu kurang lebih 8 jam yang dilakukan secara berulang disetiap harinya. Tujuan penelitian ini adalah untuk menganalisis pengaruh usia, durasi kerja, riwayat trauma tulang belakang, dan postur kerja terhadap keluhan *low back pain*.

Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh pekerja di Departemen Dukungan Produksi dengan sampel sejumlah 39 pekerja. Variabel bebas dalam penelitian ini yaitu usia, durasi kerja, riwayat trauma tulang belakang, dan postur kerja. Variabel terikatnya yaitu *low back pain*. Analisis data menggunakan uji statistik *Fisher`s Exact Test*.

Hasil penelitian menunjukkan bahwa di Departemen Dukungan Produksi Divisi Kapal Perang PT. PAL Indonesia sebanyak 71,8% pekerja mengalami *low back pain* dengan disabilitas minimal dan 28,2% disabilitas sedang. Usia dan postur kerja tidak mempengaruhi *low back pain*, sedangkan durasi kerja dan riwayat trauma tulang belakang mempengaruhi *low back pain*.

Disarankan bagi pekerja Departemen Dukungan Produksi Divisi Kapal Perang PT. PAL Indonesia untuk melakukan peregangan otot seperti berdiri dan berjalan-jalan di sekitar ruang kerja atau berjalan di tempat selama 3-5 menit per hari untuk mengurangi risiko *low back pain*.

Kata Kunci: *Low back pain*, Usia, Durasi Kerja, Riwayat Trauma Tulang Belakang, Postur Kerja

INFLUENCE OF AGE, WORK DURATION, HISTORY OF SPINAL TRAUMA, AND WORKING POSTURE ON LOW BACK PAIN COMPLAINTS IN 2023

(A Study on Workers in the Warship Division Support Department of PT. PAL Indonesia)

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ABSTRACT

Low back pain (LBP) refers to pain in the area between the lower ribs and above the legs. It is noteworthy that approximately 90% of lower back pain cases are attributed to poor work posture. Employees working in the Production Support Department of the Warship Division at PT. PAL Indonesia have reported experiencing low back pain as a result of maintaining a slightly bent sitting position while facing a computer for approximately 8 hours per day, consistently every day. The objective of this study is to analyze the impact of age, duration of work, history of spinal trauma, and work posture on the occurrence of low back pain.

This study adopts an analytical observational design with a cross-sectional approach. The study population comprises all workers in the Production Support Department, with a sample size of 39 individuals. The independent variables assessed in this study are age, duration of work, history of spinal trauma, and work posture. The dependent variable is the presence of low back pain. Data analysis was conducted using Fisher's Exact Test.

The findings of this study reveal that within the Production Support Department of the Warship Division at PT. PAL Indonesia, 71.8% of workers experience low back pain with minimal disability, while 28.2% experience moderate disability. Age and work posture do not exhibit a significant influence on low back pain, whereas duration of work and history of spinal trauma do have an impact on its occurrence.

It is recommended that workers in the Production Support Department of the Warship Division at PT. PAL Indonesia engage in muscle stretching exercises, such as standing up and walking around the workspace or performing stationary walking, for 3-5 minutes each day. These exercises can effectively reduce the risk of developing low back pain.

Keyword: Low back pain, Age, Working Duration, History of Spinal Trauma, Working Posture