HUBUNGAN POSISI DUDUK SAAT BEKERJA TERHADAP KELUHAN *LOW BACK PAIN* PADA PENJAHIT DI KELURAHAN KEBONDALEM KECAMATAN PURWOKERTO TIMUR KABUPATEN BANYUMAS

ABSTRAK

Latar Belakang : Pekerjaan menjahit seringkali mengharuskan seseorang duduk dengan posisi duduk tidak ergonomis. Posisi tersebut dapat menyebabkan *Low Back Pain.* LBP memiliki tingkat disabilitas aktivitas fungsional tertinggi dibandingkan keluhan muskuloskeletal lainnya. Penelitian sebelumnya telah dilakukan untuk mengetahui hubungan posisi saat bekerja dengan keluhan LBP. Penelitian lebih lanjut perlu dilakukan untuk mengetahui hubungan posisi duduk saat bekerja dengan keluhan LBP, terutama terhadap tingkat disabilitas.

Metode : Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional study* pada populasi terjangkau Penjahit di Kelurahan Kebondalem Kecamatan Purwokerto Timur Kabupaten Banyumas tahun 2024. Sebanyak 32 orang terpilih melalui *purposive sampling* sebagai responden yang telah memenuhi kriteria inklusi dan ekslusi. Pengumpulan data menggunakan kuesioner *Oswestry Disability Index* (ODI) sebagai alat ukur keluhan LBP, dan *Rapid Entire Body Assessment* (REBA) sebagai alat ukur posisi duduk saat bekerja. Analisis data menggunakan uji *Non Parametrik* metode *Spearman.*

Hasil : Sebanyak 65,6% responden memiliki keluhan LBP disabilitas minimal, dan 34,4% memiliki keluhan LBP dengan disabilitas sedang. Didapatkan 6,3% responden memiliki posisi duduk saat bekerja risiko sangat rendah, 12,5% risiko rendah, 53,1% risiko sedang, dan 25% risiko tinggi. Hasil uji analisis data menggunakan metode *Spearman* didapatkan hasil *significancy* sebesar p=0,000 dengan r=0,686.

Kesimpulan : Posisi duduk saat bekerja berhubungan dengan keluhan *Low Back Pain* pada penjahit Kelurahan Kebondalem Kecamatan Purwokerto Timur Kabupaten Banyumas dengan arah korelasi positif dan kekuatan korelasi kuat.

Kata Kunci : Posisi duduk saat bekerja, *Low Back Pain*, Penjahit

RELATIONSHIP OF SITTING POSITION WHILE WORKING TO COMPLAINTS OF LOW LOW BACK PAIN ON TAILORS IN KEBONDALEM VILLAGE, PURWOKERTO DISTRICT EAST BANYUMAS REGENCY

ABSTRACT

Background: *Sewing jobs often require a person to sit in an unergonomic and static sitting position. The sitting position while working can cause low back pain. LBP has the highest level of functional activity disability compared to other musculoskeletal complaints. Previous research has been conducted to determine the relationship between position at work and LBP complaints. Further research needs to be carried out to determine the relationship between position at work and LBP complaints, especially to the level of disability due to LBP complaints.*

Method: *This study is an analytical observational research with a cross-sectional study approach on a population of tailors in Kebondalem Village, East Purwokerto District, Banyumas Regency in 2024. A total of 32 people were selected as respondents who met the inclusion and exclusion criteria. Data collection was carried out using the Oswestry Disability Index (ODI) questionnaire as a measure for LBP complaints and Rapid Entire Body Assessment (REBA) as a tool to measure posture of sitting position in working tailor. Data analysis uses a Non-Parametric test with the Spearman method.*

Results: *There were 65.6% respondents who had minimal disability of LBP complaints, and 34.4% respondents who had LBP complaints with moderate disabilities. The sitting position while working in the respondents was, 6.3% had a sitting position when working with very low risk, 12.5% had a sitting position when working with low risk, 53.1% had a sitting position when working with medium risk, and 25% had a sitting position when working with high risk. The results of the data analysis test using the Spearman method obtained a significance result of p=0.000 with r=0.686.*

Conclusion: *Sitting position while working is related to complaints of Low Back Pain in tailors in Kebondalem Village, East Purwokerto District, Banyumas Regency with a positive correlation direction and strong correlation strength.*

Keywords: *Sitting position at work, Low Back Pain, Tailor*