

ABSTRACT

RELATIONSHIP BETWEEN SITTING POSTURE WHEN USING LAPTOP AND MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINTS IN NURSING STUDENTS AT UNIVERSITAS JENDERAL SOEDIRMAN

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Background: Prolonged Laptop use with poor sitting posture may increase the risk of musculoskeletal disorders (MSDs), which are a leading cause of pain, functional limitation, and disability. Nursing students are also at risk due to high intensive laptop use during academic activities, especially in completing assignments and theses. This study aims to analyze the relationship between sitting posture when using laptop and musculoskeletal disorders (MSDs) complaints in nursing students at Universitas Jenderal Soedirman.

Methodology: This study was a quantitative study using a cross-sectional design with a correlational descriptive approach involving 60 of 142 nursing class of 2022 students at Universitas Jenderal Soedirman through simple random sampling. Sitting posture was measured using Rapid Upper Limb Assessment (RULA) and MSDs complain was measured using Nordic Body Map (NBM) questionnaire distributed in Google Form. The relationship between the two variables was analyzed using Somers' D test.

Research results: Results of the descriptive analysis showed that the majority of respondents were in the slight category, (95%), and the majority of respondents experienced musculoskeletal complaints in the mild category, (83.3%). The results of the bivariate test showed that there was no significant relationship between sitting posture when using a laptop and MSD complaints ($r=0.089$, $p=0.548$)

Conclusion: This study shows sitting posture when using a laptop did not relate with MSDs complaints in Nursing Students at Universitas Jenderal Soedirman.

Keywords: Ergonomics, Laptop_use, Musculoskeletal_disorder, nursing_students, sitting_posture