

ABSTRAK

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Program Studi : S1 Kesehatan Masyarakat
Judul : Hubungan Antara Faktor Individual dan Faktor Pekerjaan
Terhadap Kejadian Risiko *Low Back pain* Pada Pekerja
Dinas Kesehatan Provinsi DKI Jakarta Tahun 2025

Menurut Organisasi Kesehatan Dunia (WHO) tahun 2023, LBP (Low Back Pain) merupakan penyebab disabilitas nomor satu di dunia, dengan 619 juta penderita pada tahun 2020 dan diperkirakan meningkat menjadi 843 juta kasus pada tahun 2050. LBP banyak dialami pekerja akibat posisi kerja yang tidak ergonomis, masa kerja panjang, dan aktivitas berulang (repetitif). Penelitian ini bertujuan mengetahui hubungan faktor individual (umur dan jenis kelamin) serta faktor pekerjaan (posisi kerja, masa kerja, durasi kerja, dan repetisi) terhadap kejadian LBP pada pegawai Dinas Kesehatan Provinsi DKI Jakarta Tahun 2025. Penelitian ini menggunakan desain cross-sectional dengan 63 responden yang dipilih melalui teknik total sampling. Instrumen penelitian berupa kuesioner yang telah diuji validitas dan reliabilitasnya, dengan menggunakan uji Chi-Square pada tingkat 95%. Hasil penelitian menunjukkan bahwa faktor individual berupa umur dan jenis kelamin serta faktor pekerjaan berupa durasi kerja tidak berhubungan dengan kejadian LBP, sedangkan faktor pekerjaan berupa posisi kerja, masa kerja, dan aktivitas repetitif berhubungan dengan kejadian LBP. Rekomendasi penelitian mencakup upaya menjaga kesehatan tulang belakang dengan memperhatikan posisi tubuh saat bekerja, penerapan peregangan singkat pada jam-jam tertentu, aturan 20-20-20, serta penyusunan regulasi formal berupa SOP, SKP, atau Surat Edaran untuk mencegah LBP secara berkelanjutan.

Kata Kunci: *Low Back Pain*, faktor individual, faktor pekerjaan, ergonomi, pekerja

ABSTRACT

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Title : The Relationship Between Individual Factors and Occupational Factors with the Risk of Low Back Pain Among Employees of the DKI Jakarta Provincial Health Office in 2025

According to the World Health Organization (WHO) in 2023, LBP (Low Back Pain) is the number one cause of disability in the world, with 619 million sufferers in 2020 and is estimated to increase to 843 million cases in 2050. LBP is often experienced by workers due to non-ergonomic working positions, long working hours, and repetitive activities. This complaint can be caused by various factors, both identifiable and unidentifiable. This study aims to determine the relationship between individual factors (age and gender) and work factors (work position, work period, work duration, and repetition) with the incidence of LBP in employees of the DKI Jakarta Provincial Health Office in 2025. This study used a cross-sectional design with 63 respondents selected through a total sampling technique. The research instrument was a questionnaire whose validity and reliability had been tested using the Chi-Square test at the 95% level. The results of the study showed that individual factors in the form of age and gender and work factors in the form of work duration were not related to the occurrence of LBP, while work factors in the form of work position, work period, and repetitive activities were related to the occurrence of LBP. Research recommendations include efforts to maintain spinal health by paying attention to body position while working, implementing short stretches at certain hours, the 20-20-20 rule, and the preparation of formal regulations in the form of SOPs, SKPs, or Circular Letters to prevent LBP on an ongoing basis.

Keywords: *Low Back Pain, individual factors, occupational factors, ergonomics, workers*