

ABSTRACT

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Working Position Relations and Sitting Duration with Low Back Pain Complaint on Bentor Workers in Perumnas Sako Palembang 2016.

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Keywords : Working Position, Sitting Duration and Low Back Pain Complaints.

(xvi + 88 pages + 10 tables + 11 pictures + 2 diagram + 16 attachments)

Background : the service of health and safety for workers or laborers currently not in accordance with the weight of the work performed, so the workers are vulnerable having health problems that often found is low back pain. One of the factors that influence low back pain is the posture or body positions and the duration of the work itself. The study of Department of Health in Indonesia at 2005 showed that about 40.5% of illnesses suffered by workers associated with their job, according to a study of 9482 workers in 12 districts / cities in Indonesia, mostly in the form of musculoskeletal diseases as much as 16%.

Destination : For knowing Working Position and Sitting Duration with Low Back Pain Complaints on Bentor Workers in Perumnas Sako Palembang 2016.

Research Methods : analytic survey method with cross sectional study design. The sample for this research is bentor workers in Perumnas Sako Palembang, were taken by purposive sampling with the total a sample is 59 respondents.

Research of Result : the result showed that 49 (83.1%) working position are risk and 10 (16,9%) with working position are not risk. High sitting duration 53 (89.9%) and 6 (20.2%) with low sitting duration. The respondents who have complaint of low back pain were 50 (84,7%) and the respondents who don't have complaint low back pain were 9 (16.9%). The result of statistic test used Chi-Square showed, there correlation working position (p value = 0,017) and sitting duration (p value = 0,013) with low back pain complaint. Based on research of result, the recommended that the bentor worker noticed sitting position when drive the bentor and need to pay attention the rest time with doing exercise such as stretching.

Bibliography : 29 (2000-2015)