DAFTAR PUSTAKA

Adigun, O.O., Varacallo, M., 2019. Anatomy , Back , Spinal Cord. https://www.researchgate.net/publication/331110407. [diakses 9 Mei 2020]

Agarwal, N., 2019. Neurosurgery Fundamentals. Thieme, New York.

Allegri, M., Montella, S., Salici, F., Valente, A., Marchesini, M., Compagnone, C., Baciarello, M., Manferdini, M.E., Fanelli, G., 2016. Mechanisms of low back pain: A guide for diagnosis and therapy [version 1; referees: 3 approved]. F1000Research 5, 1–11. https://doi.org/10.12688/F1000RESEARCH.8105.1. [diakses 3 September 2020]

Alnaami, I., Awadalla, N.J., Alkhairy, M., Alburidy, S., Alqarni, A., Algarni, A., Alshehri, R., Amrah, B., Alasmari, M., Mahfouz, A.A., 2019. Prevalence and factors associated with low back pain among health care workers in southwestern Saudi Arabia. BMC Musculoskelet. Disord. 20, 1–7. https://doi.org/10.1186/s12891-019-2431-5. [diakses 3 September 2020]

Amudong, A., Muheremu, A., Abudourexiti, T., 2017. Hypertrophy of the ligamentum flavum and expression of transforming growth factor beta. J. Int. Med. Res. 45, 2036–2041. https://doi.org/0.1177/0300060517711308. [diakses 4 September 2020]

Arumsari, A., Sulistyo, T., Widodo, Y., 2016. Hubungan Tingkat Stres Seseorang Dengan Perubahan Intensitas Nyeri Punggung Bawah (NPB) di RSUP Dr. Kariadi Semarang. J. Kedokt. Diponegoro 5, 347–358. . [diakses 20 Juli 2020]

Astuti, I., Rosady, D.S., Romadhona, N., Achmad, S., Kusmiati, M., 2019. Nyeri Punggung Bawah serta Kebiasaan Merokok, Indeks Massa Tubuh, Masa Kerja, dan Beban Kerja pada Pengumpul Sampah. J. Integr. Kesehat. Sains 1, 74–78. https://doi.org/10.29313/jiks.v1i1.4326 [diakses 3 September 2020]

Billy, G.G., Lemieux, S.K., Chow, M.X., 2014. Changes in lumbar disk morphology associated with prolonged sitting assessed by magnetic resonance imaging. PM R 6, 790–795. https://doi.org/10.1016/j.pmrj.2014.02.014 [diakses 3 September 2020]

Biyani, A., Andersson, G.B.J., 2004. Low back pain: pathophysiology and management. J. Am. Acad. Orthop. Surg. 12, 106–115. https://doi.org/10.5435/00124635-200403000-00006 [diakses 3 September 2020]

Bone and Joint Initiative USA. (2016). The Impact of musculoskeletal disorders on Americans - Opportunities for Action. *The United States Bone and Joint Initiative (USBJI)*, *3 edicion*(978-0-9963091-1–0), 247. http://www.boneandjointburden.org/docs/BMUS Executive Summary 2016 %282%29.pdf. [diakses 21 Oktober 2020]

Bornstein, M.H., Jager, J., Putnick, D.L., 2013. Sampling in developmental science: Situations, shortcomings, solutions, and standards. Dev. Rev. 33, 357–370. https://doi.org/10.1016/j.dr.2013.08.003 [diakses 4 September 2020]

Cahyono, B., 2019. Hubungan Gejala Klinis Pasien Low Back Pain Dengan Karakteristik Gambaran Foto Polos Lumbosacral AP Lateral di RSUD Saras Husada Purworejo. J. Chem. Inf. Model. Universitas Muhammadiyah Yogyakarta. https://doi.org/10.1017/CBO9781107415324.004 [diakses 3 September 2020]

Chan, W.C.W., Sze, K.L., Samartzis, D., Leung, V.Y.L., Chan, D., 2011. Structure and Biology of the Intervertebral Disk in Health and Disease. Orthop. Clin. North Am. 42, 447–464. https://doi.org/10.1016/j.ocl.2011.07.012. [diakses 9 Mei 2020]

Chaudhuri, A., Sarkar, S.K., 2018. A Study to Observe the Impact of Perceived Stress on Chronic Nonspecific Low Back Pain in Females of Reproductive Age Group in an Urban Population of West Bengal 5. [diakses 21 Juli 2020]

Costa, L. da C.M., Maher, C.G., Hancock, M.J., McAuley, J.H., Herbert, R.D., Costa, L.O.P., 2012. Prognosis in people with back pain. Cmaj 184, 1229–1230. https://doi.org/10.1503/cmaj.120627. [diakses 3 September 2020]

Cox, J.M., 2001. Low back pain: mechanism, diagnosis, and treatment, Journal of Manipulative and Physiological Therapeutics. https://doi.org/10.1067/mmt.2001.112558. [diakses 14 Juli 2020]

Dahlan, M.S., 2014. Statistik untuk Kedokteran dan Kesehatan: Deskriptif, Bivariat, dan Multivariat, 6th ed. Epidemiologi Indonesia, Jakarta.

Dahlan, M.S., 2010. Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan. Salemba Medika.

de Souza, I.M.B., Sakaguchi, T.F., Yuan, S.L.K., Matsutani, L.A., Do Espírito-Santo, A. de S., Pereira, C.A. de B., Marques, A.P., 2019. Prevalence of low back pain in the elderly population: A systematic review. Clinics 74. https://doi.org/10.6061/clinics/2019/e789. [diakses 9 Mei 2020]

Diallo, S.Y.K., Mweu, M.M., Mbuya, S.O., Mwanthi, M.A., 2019. Prevalence and risk factors for low back pain among university teaching staff in Nairobi, Kenya: A cross-sectional study. F1000Research 8. https://doi.org/10.12688/F1000RESEARCH.19384.1. [diakses 9 Juli 2020]

Dionne, C.E., Von Korff, M., Koepsell, T.D., Deyo, R.A., Barlow, W.E., Checkoway, H., 2001. Formal education and back pain: A review. J. Epidemiol. Community Health 55, 455–468. https://doi.org/10.1136/jech.55.7.455. [diakses 3 September 2020]

Doualla, M., Aminde, J., Aminde, L.N., Lekpa, F.K., Kwedi, F.M., Yenshu, E.V., Chichom, A.M., 2019. Factors influencing disability in patients with chronic low back pain attending a tertiary hospital in sub-Saharan Africa. BMC Musculoskelet. Disord. 20, 1–11. https://doi.org/10.1186/s12891-019-2403-9. [diakses 9 Mei 2020]

Ganesan, S., Acharya, A.S., Chauhan, R., Acharya, S., 2017. Prevalence and risk factors for low back pain in 1,355 young adults: A cross-sectional study. Asian Spine J. 11, 610–617. https://doi.org/10.4184/asj.2017.11.4.610. [diakses 14 Juli 2020]

Green, B.N., Johnson, C.D., Snodgrass, J., Smith, M., Dunn, A.S., 2016. Association Between Smoking and Back Pain in a Cross-Section of Adult Americans. Cureus 8, 13–14. https://doi.org/10.7759/cureus.806. [diakses 3 September 2020]

Hastuti, J., 2013. Anthropometry And Body Composition Of Indonesian Adults: An Evaluation Of Body Image, Eating Behaviours, And Physical Activity. Hypertension 6, II71-5.

Heuch, Ingrid, Heuch, Ivar, Hagen, K., Zwart, J.A., 2013. Body mass index as a risk factor for developing chronic low back pain: A follow-up in the nord-trøndelag health study. Spine (Phila. Pa. 1976). 38, 133–139. https://doi.org/10.1097/BRS.0b013e3182647af2. [diakses 15 Mei 2020]

Hooten, W.M., Cohen, S.P., 2015. Evaluation and Treatment of Low Back Pain: A Clinically Focused Review for Primary Care Specialists. Mayo Clin. Proc. 90, 1699–1718. https://doi.org/10.1016/j.mayocp.2015.10.009[diakses 3 September 2020]

Joaquim, A.F., Ghizoni, E., Tedeschi, H., Augusto, M., Ferreira, T., 2019. Fundamentals of Neurosurgery, Fundamentals of Neurosurgery. https://doi.org/10.1007/978-3-030-17649-5. [diakses 1 Mei 2020]

Kementerian Kesehatan RI Badan Penelitian dan Pengembangan, 2018. Hasil Utama Riset Kesehatan Dasar. Kementrian Kesehat. Republik Indones. 1–100. https://doi.org/1 Desember 2013. [diakses 5 Mei 2020]

Khan, A.N., Jacobsen, H.E., Khan, J., Filippi, C.G., Levine, M., Lehman, R.A., Riew, K.D., Lenke, L.G., Chahine, N.O., 2017. Inflammatory biomarkers of low back pain and disc degeneration: a review. Ann. N. Y. Acad. Sci. 1410, 68–84. https://doi.org/10.1111/nyas.13551. [diakses 3 September 2020]

Kopf, A., Patel, N.B., 2010. Guide to Pain Management in Low-Resource Settings. IASP Press 1–384.

Kuorinka, I., Jonsson, B., Kilbom, A., Vinterberg, H., Biering-Sørensen, F., Andersson, G., & Jørgensen, K. (1987). Standardised Nordic questionnaires for the analysis of musculoskeletal symptoms. *Applied Ergonomics*, *18*(3), 233–237. https://doi.org/10.1016/0003-6870(87)90010-X. [diakses 17 Oktober 2020]

Kurniasari, A. (2017). Krisis paruh baya dan penanganannya. *Sosio Informa , Kesejahteraan Sosial*, *3*(200), 165–179.

Lachman, M.E., 2011. Midlife as a pivotal in the life course: Balancing growth and decline at the crossroads of youth and old age. Bone 23, 1–7. https://doi.org/10.1038/jid.2014.371. [diakses 3 September 2020]

Langevin, H.M., Sherman, K.J., 2007. Pathophysiological model for chronic low back pain integrating connective tissue and nervous system mechanisms. Med. Hypotheses 68, 74–80. https://doi.org/10.1016/j.mehy.2006.06.033. [diakses 5 September 2020]

Manchikanti, L., Singh, V., Falco, F.J.E., Benyamin, R.M., Hirsch, J.A., 2014. Epidemiology of low back pain in Adults. Neuromodulation 17, 3–10. https://doi.org/10.1111/ner.12018. [diakses 3 September 2020]

Maulidya, F., Adelina, M., Hidayat, F.A., 2019. Periodesasi Perkembangan Dewasa 53. https://doi.org/10.1017/CBO9781107415324.004. [diakses 5 September 2020]

Melancia, J.L., Francisco, A.F., Antunes, J.L., 2014. Spinal stenosis. Handb. Clin. Neurol. 119, 541–549. https://doi.org/10.1016/B978-0-7020-4086-3.00035-7. [diakses 3 September 2020]

Mescher, A.L., 2019. Junqueira's Basic Histology : Text & Atlas (15th ed.), 2018, Lange.

National Institute of Neurological Disorders and Stroke. (2020). Low back pain. *Revue Du Praticien*, *51*(9), 1017–1022.

Notoatmodjo, S., 2012. Metodologi Penelitian Kesehatan, Jakarta: Salemba Merdeka.

Novitasari, D.D., Sadeli, H.A., Soenggono, A., Sofiatin, Y., Sukandar, H., Roesli, R.M.A., 2016. Prevalence and Characteristics of Low Back Pain among Productive Age Population in Jatinangor. Althea Med. J. 3, 469–476. https://doi.org/10.15850/amj.v3n3.863[diakses 13 Juli 2020]

Nuttall, F.Q., 2015. Body mass index: Obesity, BMI, and health: A critical review. Nutr. Today 50, 117–128. https://doi.org/10.1097/NT.0000000000000092 [diakses 17 Mei 2020]

Perolat, R., Kastler, A., Nicot, B., Pellat, J.M., Tahon, F., Attye, A., Heck, O., Boubagra, K., Grand, S., Krainik, A., 2018. Facet joint syndrome: from diagnosis to interventional management. Insights Imaging 9, 773–789. https://doi.org/10.1007/s13244-018-0638-x [diakses 3 September 2020]

Petry, N.M., 2002. A comparison of young, middle-aged, and older adult treatment-seeking pathological gamblers. Gerontologist 42, 92–99. https://doi.org/10.1093/geront/42.1.92 [diakses 3 September 2020]

Pin, T.L., 2011. Hubungan antara kebiasaan berolahraga dengan tingkat stres pada mahasiswa FK USU Tahun Masuk 2008. [Skripsi]. Medan. Fakultas Kedokteran. Universitas Sumatera Utara

Pratama, S., Asnifatima, A., & Ginanjar, R. (2019). FAKTOR-FAKTOR YANG BERHUBUNGAN TERHADAP POSTUR KERJA BUS PUSAKA DI TERMINAL BARANANGSIANG KOTA BOGOR TAHUN 2018 *Promotor*. *2*(4), 313. https://doi.org/10.32832/pro.v2i4.2245 [diakses 25 Januari 2020]

Purnamasari, I., 2018. Hubungan kemampuan mengatasi krisis paruh baya dan dukungan sosial dengan kebermaknanaan hidup pada dewasa madya yang bekerja. [Skripsi]. Malang. Universitas Muhammadiyah Malang

Putri, A.F., 2018. Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. SCHOULID Indones. J. Sch. Couns. 3, 35–40. https://doi.org/10.23916/08430011 [diakses 2 September 2020]

Raj, P.P., 2008. Intervertebral disc: Anatomy-physiology-pathophysiology-treatment. Pain Pract. 8, 18–44. https://doi.org/10.1111/j.1533-2500.2007.00171.x [diakses 10 Mei 2020]

Ramsook, R.R., Malanga, G.A., 2012. Myofascial low back pain. Curr. Pain Headache Rep. 16, 423–432. https://doi.org/10.1007/s11916-012-0290-y [diakses 3 September 2020]

Reilly, T., 2020. Introduction to Ergonomics. Ergon. Sport Phys. Act. https://doi.org/10.5040/9781492595458.0004 [diakses 13 Juli 2020]

Safarina, L., Dewi, S.N., 2018. LBP Pada Dewasa Menengah Di Wilayah Kerja Puskesmas 1, 150–157.

Saswati, N., Harkomah, I., 2019. Stimulasi Perkembangan Psikososial Usia Dewasa Tengah (30-60 Tahun). J. Pengabdi. Harapan Ibu 1, 24–28.

Şimşek, Ş., Yağci, N., Şenol, H., 2017. Prevalence of and risk factors for low back pain among healthcare workers in Denizli. Agri 29, 71–78. https://doi.org/10.5505/agri.2017.32549 [diakses 14 Juli 2020]

Smedley, J., Inskip, H., Buckle, P., Cooper, C., & Coggon, D. (2005). Epidemiological differences between back pain of sudden and gradual onset. *Journal of Rheumatology*, *32*(3), 528–532 [diakses 1 Februari 2021]

Sribastav, S. Sen, Long, J., He, P., He, W., & Ye, F. (2018). Risk Factors Associated with Pain Severity in Patients. *Asian Spine J. 12*(3), 533–543.

Tobert, D. G., & Harris, M. B. (2017). Degenerative lumbar spinal stenosis and spondylolisthesis. *Principles of Orthopedic Practice for Primary Care Providers*, 47–59. https://doi.org/10.1007/978-3-319-68661-5_4. [diakses 3 September 2020]

van Tonder, E., & Dihawa, N. (2019). BMI-based figure rating scale (FRS) as an adjunctive aid in nutritional screening and assessment in a resource-limited setting. *South African Journal of Clinical Nutrition*, *0*(0), 1–8. https://doi.org/10.1080/16070658.2019.1679943. [diakses 17 Oktober 2020]

Wáng, Y. X. J., Wáng, J. Q., & Káplár, Z. (2016). Increased low back pain prevalence in females than in males after menopause age: Evidences based on synthetic literature review. *Quantitative Imaging in Medicine and Surgery*, *6*(2), 199–206. https://doi.org/10.21037/qims.2016.04.06. [diakses 25 Januari 2021]

Weiler, C., Lopez-Ramos, M., Mayer, H. M., Korge, A., Siepe, C. J., Wuertz, K., Weiler, V., Boos, N., & Nerlich, A. G. (2011). Histological analysis of surgical lumbar intervertebral disc tissue provides evidence for an association between disc degeneration and increased body mass index. *BMC Research Notes*, *4*(1), 497. https://doi.org/10.1186/1756-0500-4-497. diakses 3 September 2020]

Wicaksono, P. D. (2019). Validitas dan Reliabilitas *Nordic Musculoskeletal Questionnaire* (NMQ) Pada Kelompok Pekerja Batik Tulis Desa Wisata Giriloyo di Bantul Provinsi Daerah Istimewa Yogyakarta Tahun 2019. [Skripsi]. Jakarta. Universitas Pembangunan Nasional Veteran Jakarta.

Wippert, P. M., & Wiebking, C. (2018). Stress and alterations in the pain matrix: A biopsychosocial perspective on back pain and its prevention and treatment. *International Journal of Environmental Research and Public Health*, *15*(4). https://doi.org/10.3390/ijerph15040785. [diakses 5 September 2020]

World Health Organization. (2019). Musculoskeletal Conditions. *Chinese Herbal Medicine*, *November 2019*, 1–4. https://doi.org/10.1055/b-0034-75016. [diakses 18 Oktober 2020]

Xu, G., Pang, D., Liu, F., Pei, D., Wang, S., & Li, L. (2012). Prevalence of low back pain and associated occupational factors among Chinese coal miners. *BMC Public Health*, *12*(1), 149. https://doi.org/10.1186/1471-2458-12-149. [diakses 18 Oktober 2020]

Yam, M. F., Loh, Y. C., Tan, C. S., Adam, S. K., Manan, N. A., & Basir, R. (2018). General pathways of pain sensation and the major neurotransmitters involved in pain regulation. *International Journal of Molecular Sciences*, *19*(8). https://doi.org/10.3390/ijms19082164. [diakses 9 Mei 2020]

Yang, H., Haldeman, S., Lu, M. L., & Baker, D. (2016). Low Back Pain Prevalence and Related Workplace Psychosocial Risk Factors: A Study Using Data From the 2010 National Health Interview Survey. *Journal of Manipulative and Physiological Therapeutics*, *39*(7), 459–472. https://doi.org/10.1016/j.jmpt.2016.07.004. [diakses 9 Juli 2020]