

DAFTAR PUSTAKA

- Ab Abebew, T. 2018. Prevalence and Associated Factors of Low Back Pain Among Teachers Working at Governmental Primary Schools in Addis Ababa, Ethiopia: A Cross Sectional Study. *Biomedical Journal of Scientific & Technical Research*, 10(1). <https://doi.org/10.26717/bjstr.2018.10.001886>
- Alias, A. N., Karuppiah, K., How, V., & Perumal, V. 2020. Prevalence of musculoskeletal disorders (MSDS) among primary school female teachers in Terengganu, Malaysia. *International Journal of Industrial Ergonomics*, 77(December 2019), 102957. <https://doi.org/10.1016/j.ergon.2020.102957>
- Andini, R. 2019. Indeks Massa Tubuh sebagai Faktor Risiko pada Gangguan Muskuloskeletal. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(2), 316–320. <https://doi.org/10.35816/jiskh.v10i2.178>
- Aprillinda, M. 2019. Perkembangan Guru Profesional Di Era Revolusi Industri 4 . 0. *Prosiding Seminar Nasional Pendidikan Program Pascasarjana Universitas PGRI Palembang*, 600–608.
- AZ, R., Dayani, H., & Maulani, M. 2019. Masa Kerja, Sikap Kerja Dan Jenis Kelamin Dengan Keluhan Nyeri Low Back Pain. *Real in Nursing Journal*, 2(2), 66. <https://doi.org/10.32883/rnj.v2i2.486>
- Bane, J. V., Aurangabadkar, S., & Karajgi, A. 2021. *Physical and Self-Perceived Occupational Stress Associated with Work from Home Situation in Teachers during the COVID-19 Pandemic*. 11(February), 117–124.
- Crawford, J. O. 2007. *The Nordic Musculoskeletal Questionnaire*. *Occupational Medicine*, 57(4), 300–301. <https://doi.org/10.1093/occmed/kqm036>
- Dapodikdasmen. 2020 *Data Guru Nasional*. <https://dapo.kemdikbud.go.id/guru>
- Duchowny, K. A., Peterson, M. D., & Clarke, P. J. 2017. Cut Points for Clinical Muscle Weakness Among Older Americans. *American Journal of Preventive Medicine*, 53(1), 63–69. <https://doi.org/10.1016/j.amepre.2016.12.022>
- Edwards, J., Hayden, J., Asbridge, M., Gregoire, B., & Magee, K. 2017. Prevalence of low back pain in emergency settings: a systematic review and meta-analysis. *BMC Musculoskeletal Disorders*, 18(1), 1–12. <https://doi.org/10.1186/s12891-017-1511-7>
- Helmina, Diani, N., & Hafifah, I. 2019. Hubungan umur, jenis kelamin, masa kerja dan kebiasaan olahraga dengan keluhan dmusculoskeletal Disorders (MSDs) pada perawat. *Caring Nursing Jounal*, 3(1), 24. journal.umbjm.ac.id/index.php/caring-nursing

- Higgins, D. M., Fenton, B. T., Driscoll, M. A., Heapy, A. A., Kerns, R. D., Bair, M. J., Carroll, C., Brennan, P. L., Burgess, D. J., Piette, J. D., Haskell, S. G., Brandt, C. A., & Goulet, J. L. 2017. Gender Differences in Demographic and Clinical Correlates among Veterans with Musculoskeletal Disorders. *Women's Health Issues*, 27(4), 463–470. <https://doi.org/10.1016/j.whi.2017.01.008>
- Indriyanti, D. 2018. Pengaruh Teknologi Pendidikan Terhadap Peningkatan Risiko Gangguan Tulang Belakang pada Guru SMP N 2 Subah - Batang Tahun 2017. *Prosiding Seminar Nasional Pendidikan KALUNI*, 1(April), 157–166. <https://doi.org/10.30998/prossnp.v1i0.36>
- Jensen, M. P., & Jensen, M. P. 2011. Measuring pain intensity. *The Pain Stethoscope: A Clinician's Guide to Measuring Pain*, 3–7. https://doi.org/10.1007/978-1-908517-43-2_2
- Kemenkes RI. 2018. *Bagaimana cara menghitung IMT (Indeks Massa Tubuh) ?*
- Korhan, O., & Ahmed Memon, A. 2019. Introductory Chapter: Work-Related Musculoskeletal Disorders. In *Work-related Musculoskeletal Disorders*. <https://doi.org/10.5772/intechopen.85479>
- Krispinus, Iwan, D. 2019. Reability and Validity of the Indonesian Version of the *Nordic Musculoskeletal Questionnaire* (NMQ) to Measure Musculoskeletal Disorders (MSD) in Traditional Women Weavers. *Journal of Chemical Information and Modeling*, 01(01), 1689–1699.
- Mansyur, A. R. 2020. Dampak COVID-19 Terhadap Dinamika Pembelajaran Di Indonesia. *Education and Learning Journal*, 1(2), 113. <https://doi.org/10.33096/eljour.v1i2.55>
- Menteri Pendidikan dan Kebudayaan. 2016. Permendikbud No. 24 tahun 2016 tentang Kompetensi Inti dan Kompetensi Dasar Pelajaran pada Kurikulum 2013 pada Pendidikan Dasar dan Pendidikan Menengah. *JDIH Kemendikbud*, 2025, 1–5.
- Miranti, D. S., Apipudin, A., & Fitriani, A. 2020. *Jurnal Stikes Muhammadiyah Ciamis : Jurnal Kesehatan Relationship Between Overweight and Osteoartritical Events in*. 7(April), 11–19.
- Ndonye, N. A., Matara, N. J., & Muriithi, I. A. 2019. Predictors of Work-Related Musculoskeletal Disorders among Primary School Teachers in Machakos County, Kenya. *International Journal of Prevention and Treatment*, 8(2), 29–40. <https://doi.org/10.5923/j.ijpt.20190802.01>
- Ng, Y. M., Voo, P., & Maakip, I. 2019. Psychosocial factors, depression, and musculoskeletal disorders among teachers. *BMC Public Health*, 19(1), 1–10. <https://doi.org/10.1186/s12889-019-6553-3>

Physiopedia. 2021. No Title. https://www.physipedia.com/Numeric_Pain_Rating_Scale

Pratiwi, D. A. 2021. *Hubungan Antara Duduk Lama dengan Kejadian Low Back Pain pada Mahasiswa Selama Kuliah Online*. 613–621.

Prawira, M. A., Yanti, N. P. N., Kurniawan, E., & Artha, L. P. W. 2017. Factors Related Musculoskeletal Disorders on Students of Udayana University on 2016. *Journal of Industrial Hygiene and Occupational Health*, 1(2), 101. <https://doi.org/10.21111/jihoh.v1i2.888>

Programme, D., & Physiotherapy, I. N. 2020. *The role of gravity traction in physiotherapy : A systematic literature re-view*.

Qaseem, A., Wilt, T. J., McLean, R. M., & Forciea, M. A. 2017. Noninvasive treatments for acute, subacute, and chronic low back pain: A clinical practice guideline from the American College of Physicians. *Annals of Internal Medicine*, 166(7), 514–530. <https://doi.org/10.7326/M16-2367>

Richard L. Drake, A. Wayne Vogl, and A. W. M. M. 2012. *Gray's Basic Anatomy*.

Richard Staehler, M. 2017. Anatomy of the Coccyx. In *Spine-health*. <https://www.spine-health.com/conditions/spine-anatomy/anatomy-coccyx-tailbone>

Rod Brouhard. 2020. The Anatomy of the Sacrum. In *Verywell health*. <https://www.verywellhealth.com/sacrum-anatomy-4587600>

Rohmawan, E. A., & Hariyono, W. 2017. Masa Kerja, Sikap Kerja, dan Keluhan Low Back Pain (LBP) Pada Pekerja Bagian Produksi PT Surya Besindo Sakti Serang. *Seminar Nasional IKAKESMADA “Peran Tenaga Kesehatan Dalam Pelaksanaan SDGs,”* 41(1), 171–180. <http://eprints.uad.ac.id/5393/>

Salsabili, N., Santiago López, J., Prieto Barrio, M. I., & Esteki, A. 2020. The feasibility of making the building structures based on the structural simplifications of the human lumbar spine (L3/L4). *Mechanics of Advanced Materials and Structures*, 0(0), 1–14. <https://doi.org/10.1080/15376494.2020.1846230>

Sanaeininasab, H., Saffari, M., Valipour, F., Alipour, H. R., Sepandi, M., Al Zaben, F., & Koenig, H. G. 2018. The effectiveness of a model-based health education intervention to improve ergonomic posture in office computer workers: a randomized controlled trial. *International Archives of Occupational and Environmental Health*, 91(8), 951–962. <https://doi.org/10.1007/s00420-018-1336-1>

Saputra, A. 2020. Sikap Kerja, Masa Kerja, dan Usia terhadap Keluhan Low Back Pain pada Pengrajin Batik. *Higeia Journal of Public Health Research and*

- Development*, 1(3), 84–94.
- Sari, U. S. 2019. Hubungan Indeks Massa Tubuh Terhadap Kejadian Low Back Pain di RSUD Panembahan Senopati Bantul. *Fakultas Ilmu Kesehatan Program Studi S1 Fisioterapi*, 2.
- Shao, M. 2019. *Health Computer Habits*. <https://www.vaughanphysiotherapy.com/2019/07/22/healthy-computer-habits/>
- Solis-Soto, M. T., Schön, A., Solis-Soto, A., Parra, M., & Radon, K. 2017. Prevalence of musculoskeletal disorders among school teachers from urban and rural areas in Chuquisaca, Bolivia: A cross-sectional study. *BMC Musculoskeletal Disorders*, 18(1), 1–7. <https://doi.org/10.1186/s12891-017-1785-9>
- Surani, D. 2019. Studi Literatur : Peran Teknologi Pendidikan Dalam Pendidikan 4.0. *Prosiding Seminar Nasional Pendidikan FKIP*, 2(1), 456–469.
- Undang-Undang RI no 14. 2005. UU no 14 tahun 2005. In *Tentang Guru dan Dosen* (Issue March, pp. 25–27).
- Wijaya, P. G. P. M., Wijayanthi, I. A. S., & Widystuti, K. 2019. Hubungan posisi dan lama duduk dengan nyeri punggung bawah pada pemain game online. *Intisari Sains Medis*, 10(3), 834–839. <https://doi.org/10.15562/ism.v10i3.495>