

# HUBUNGAN BEBAN KERJA FISIK DAN POSISI DUDUK TERHADAP KELUHAN *LOW BACK PAIN* PADA KURIR BERSEPEDA MOTOR PT SPY CIRACAS TAHUN 2023

Annisa Mutiara Sari

## Abstrak

Kurir bersepeda motor memiliki tuntutan beban kerja fisik seperti mengangkat beban secara manual, bekerja di lingkungan kerja fisik yang tidak stabil, dan posisi duduk tidak ergonomis dapat memicu keluhan *low back pain*. Penelitian ini bertujuan untuk mengetahui hubungan beban kerja fisik dan posisi duduk terhadap keluhan *low back pain* pada kurir bersepeda motor PT SPY Ciracas. Penelitian ini menggunakan desain *cross-sectional* dengan sampel penelitian sebesar 95 responden didapatkan melalui teknik *simple random sampling*. Instrumen penelitian menggunakan kuesioner *Modified Oswestry Disability Index* (ODI), lembar observasi *Rapid Entire Body Assessment* (REBA), *International Physical Activity Questionnaire short-form* (IPAQ-sf), dan Indeks Brinkman. Adapun pengukuran beban kerja fisik menggunakan *pulse oximeter*. Penelitian menggunakan analisis uji *chi-square* dan regresi logistik ganda. Hasil analisis multivariat menunjukkan bahwa beban kerja fisik ( $p = 0,000$ ; POR = 34,28; 95% CI: 7,73 – 152,12) dan aktivitas fisik ringan ( $p = 0,001$ ; POR = 31,28; 95% CI: 4,44 – 220,45) memiliki hubungan terhadap keluhan *low back pain*. Dalam penelitian ini, variabel yang paling berpengaruh terhadap keluhan *low back pain* adalah beban kerja fisik. Pihak perusahaan dapat membuat program *medical check-up* secara rutin, kegiatan olahraga bersama, dan edukasi serta pelatihan agar terciptanya pengetahuan, keterampilan dan kesadaran akan pentingnya aspek ergonomi dalam bekerja.

**Kata Kunci :** Beban kerja fisik, Kurir bersepeda motor, *Low back pain*, Posisi duduk

# **CORRELATION BETWEEN PHYSICAL WORKLOAD AND SITTING POSITION ON LOW BACK PAIN COMPLAINTS IN MOTORCYCLE COURIERS PT SPY CIRACAS IN 2023**

**Annisa Mutiara Sari**

## **Abstract**

Motorcycle couriers have physical demands, such as manual lifting, an unstable working environment, and an awkward riding position which could inadvertently trigger complaints of low back pain. This study aimed to determine the correlation between physical workload and sitting position with low back pain complaints among motorcycle couriers employed at PT SPY Ciracas. This study used a cross-sectional design with a research sample of 95 respondents obtained through a simple random sampling technique. The research instruments used the Modified Oswestry Disability Index (ODI), Rapid Entire Body Assessment (REBA) observation sheet, International Physical Activity Questionnaire short-form (IPAQ-sf), and Brinkman Index. A pulse oximeter was utilized to measure the physical workload. The study used chi-square and binary logistic regression test analysis. The multivariate analysis showed a significant correlation between physical workload ( $p = 0,000$ ; POR = 34,28; 95% CI: 7,73 – 152,12) and light physical activity ( $p = 0,001$ ; POR = 31,28; 95% CI: 4,44 – 220,45) towards complaints of low back pain. The physical workload is the main factor contributing to complaints of low back pain. The company can enhance employees' understanding and abilities regarding the importance of ergonomic aspects in the workplace through regular medical check-ups, group sports activities, and educational training.

**Keywords :** Low back pain, Motorcycle couriers, Physical workload, Sitting position.