

HUBUNGAN POSTUR KERJA TERHADAP KELUHAN *LOW BACK PAIN/LUMBAGO* PADA PETANI TEH DI DESA CIKONENG KABUPATEN BOGOR 2025

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Abstrak

Low Back Pain (LBP) merupakan salah satu keluhan *muskuloskeletal* yang sering dialami pekerja sektor informal, termasuk petani. LBP apabila dirasakan terus menerus secara berulang maka dapat berdampak negatif pada kesehatan petani ketika beraktivitas sehari-hari seperti halnya kehilangan jam kerja di usia produktif maupun usia lanjut. Penelitian ini bertujuan mengetahui hubungan antara faktor individu dan faktor pekerjaan terhadap *low back pain* pada petani teh di Desa Cikoneng, Kabupaten Bogor. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Jumlah sampel sebanyak 85 responden yang dipilih menggunakan teknik *purposive sampling*. Data yang digunakan berupa data primer yang diperoleh dari hasil wawancara dan observasi yang berisi identitas, instrumen *Pain and Distress Scale*, Indeks Brinkman, dan lembar observasi REBA. Hasil penelitian menunjukkan bahwa sebanyak 83,5% petani teh di Desa Cikoneng mengalami keluhan *low back pain*. Hasil analisis uji *Chi-Square* menunjukkan bahwa pada variabel usia ($p\text{-value} = 0,020$), masa kerja ($p\text{-value} = 0,035$), dan postur kerja ($p\text{-value} = 0,035$) memiliki hubungan yang signifikan dengan keluhan *low back pain*. Kesimpulan dari penelitian ini adalah semakin buruk postur kerja dan semakin lama masa kerja, maka risiko keluhan *low back pain* semakin tinggi. Disarankan agar petani memperhatikan ergonomi kerja dan melakukan peregangan secara berkala untuk mencegah keluhan tersebut.

Kata kunci: *Low Back Pain*, Postur Kerja, Usia, Masa Kerja, Petani

ASSOCIATION BETWEEN WORKING POSTURE AND LOW BACK PAIN/LUMBAGO AMONG TEA FARMERS IN CIKONENG VILLAGE BOGOR REGENCY 2025

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Abstract

Low back pain (LBP) is one of the most common musculoskeletal complaints among informal sector workers, including farmers. When experienced repeatedly, LBP can negatively impact farmers' health and daily activities, resulting in reduced productive work hours, especially in prime and older age. This study aimed to examine the relationship between individual and occupational factors and the occurrence of low back pain among tea farmers in Cikoneng Village, Bogor Regency. A quantitative approach with a cross-sectional design was applied, involving 85 respondents selected through purposive sampling. Primary data were collected via interviews and observations using identity questionnaires, the Pain and Distress Scale, the Brinkman Index, and the REBA observation sheet. The results showed that 83.5% of tea farmers reported low back pain complaints. Chi-Square analysis indicated significant associations between low back pain and age ($p = 0.020$), length of employment ($p = 0.035$), and working posture ($p = 0.035$). The study concluded that poor posture and longer employment duration increase the risk of low back pain. It is recommended that farmers adopt ergonomic practices and perform regular stretching to prevent such complaints.

Keyword : Low Back Pain, Length of Employment, Age, Working Posture, Farmers