

HUBUNGAN BEBAN KERJA DAN FLEKSIBILITAS OTOT DENGAN KEJADIAN *LOW BACK PAIN* PADA PERAWAT DI RUMAH SAKIT TK. II MOH. RIDWAN MEURAKSA

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Abstrak

Low Back Pain (LBP) merupakan gangguan muskuloskeletal yang sering dialami perawat akibat tingginya beban kerja fisik dan keterbatasan fleksibilitas otot, sehingga dapat menurunkan produktivitas kerja serta kesehatan jangka panjang. Penelitian ini bertujuan untuk menganalisis hubungan beban kerja dan fleksibilitas otot dengan kejadian *Low Back Pain* perawat di RS TK.II Moh. Ridwan Meuraksa. Penelitian ini menggunakan pendekatan *cross sectional* dengan sampel 129 perawat secara teknik total sampling. Instrumen penelitian terdiri atas kuesioner karakteristik responden, kuesioner beban kerja, *Toe Touch Test*, dan kuesioner *The Pain and Distres Scale*. Data dianalisis menggunakan uji *chi-square* dan regresi logistik ganda. Hasil analisis *chi-square* menunjukkan adanya hubungan antara beban kerja dan kejadian *Low Back Pain* ($p\text{-value} = 0,000$), serta antara fleksibilitas otot dan kejadian *Low Back Pain* ($p\text{-value} = 0,000$). Variabel karakteristik seperti usia, jenis kelamin, tingkat pendidikan, lama kerja, dan IMT tidak menunjukkan hubungan signifikan dengan kejadian *Low Back Pain* ($p\text{-value} > 0,05$). Analisis regresi logistik ganda menegaskan bahwa beban kerja dan fleksibilitas otot berperan signifikan terhadap terjadinya *Low Back Pain* ($OR = 4$). Hasil penelitian ini merekomendasikan perlunya pengelolaan beban kerja yang lebih baik serta penerapan program latihan fleksibilitas otot secara rutin sebagai upaya pencegahan *Low Back Pain* untuk meningkatkan kesehatan dan kinerja perawat.

Kata kunci: Beban Kerja; Fleksibilitas Otot; Kejadian *Low Back Pain*; Perawat.

THE RELATIONSHIP BETWEEN WORKLOAD AND MUSCLE FLEXIBILITY WITH LOW BACK PAIN INCIDENCE IN NURSES AT TK. II MOH. RIDWAN MEURAKSA HOSPITAL

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Abstract

Low Back Pain (LBP) a musculoskeletal disorder commonly experienced by nurses due to high physical workload and limited muscle flexibility, which can reduce work productivity and long-term health. This study aimed to analyze the relationship between workload and muscle flexibility and the occurrence of Low Back Pain among nurses at RS TK. II Moh. Ridwan Meuraksa. This study employed a cross-sectional design with a sample of 129 nurses selected using a total sampling technique. The research instruments included a respondent characteristics questionnaire, a workload questionnaire, the Toe Touch Test, and The Pain and Distress Scale. Data were analyzed using the chi-square test and multiple logistic regression. The results of the chi-square analysis showed a significant relationship between workload and the occurrence of Low Back Pain ($p\text{-value} = 0.000$), as well as between muscle flexibility and the occurrence of Low Back Pain ($p\text{-value} = 0.000$). Characteristics variables such as age, sex, educational level, length of employment, and body mass index showed no significant relationship with Low Back Pain ($p\text{-value} > 0.05$). Multiple logistic regression analysis confirmed that workload and muscle flexibility had a significant role in the occurrence of Low Back Pain, with nurses experiencing high workload having approximately four times higher risk of developing Low Back Pain ($OR = 4$). This study recommends improved workload management and the implementation of regular muscle flexibility exercise programs as preventive strategies to reduce the risk of Low Back Pain and to enhance nurses' health and work performance.

Keywords: *Workload; Muscle Flexibility; Low Back Pain; Nurses.*