

# HUBUNGAN DURASI BERKENDARA DENGAN KELUHAN *LOW BACK PAIN* TERHADAP AKTIVITAS FISIK PADA *DRIVER OJEK ONLINE*

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## Abstrak

**Latar Belakang:** Seiring berkembangnya zaman, teknologi akan berkembang secara pesat dan lahirah inovasi-inovasi baru dalam hal ini jasa ojek *online*. Seorang *driver* ojek *online* tentunya akan berkendara di atas motor dalam waktu yang lama untuk memenuhi kuota orderan per hari. Hal ini dapat mengakibatkan munculnya keluhan *low back pain* pada kalangan *driver* ojek *online* akibat terlalu lama berkendara. **Tujuan Penelitian:** Penelitian ini memiliki tujuan untuk mencari hubungan antara durasi berkendara seorang *driver* ojek *online* dengan keluhan *low back pain* serta tujuan khusus diantaranya ingin mengetahui lama berkendara, kategori keluhan *low back pain* serta tingkat aktivitas fisik dari *driver* ojek *online*. **Metode:** Penelitian ini menggunakan desain studi *cross-sectional* dengan metode pengambilan data kuantitatif menggunakan kuesioner durasi berkendara, *Nordic Body Map*, dan IPAQ-SF. **Hasil:** Didapatkan bahwa masing-masing variabel memiliki nilai  $p > 0.05$  sehingga tidak ditemukannya hubungan antara durasi berkendara dan *low back pain* dengan aktivitas fisik *driver* ojek *online*. **Kesimpulan:** Maka dapat disimpulkan bahwa tidak adanya hubungan antara durasi berkendara, keluhan *low back pain*, dan aktivitas fisik.

**Kata Kunci:** *Driver*, Ojek Online, *Low Back Pain*, Aktivitas Fisik

# **CORRELATION BETWEEN LONG PERIOD RIDING WITH LOW BACK PAIN ON THE PHYSICAL ACTIVITY OF ONLINE MOTORCYCLE TAXI DRIVERS**

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## **Abstract**

**Background:** With technology kept on developing, various innovations have emerged over the years, one of them being online motorcycle taxi services. It is widely known that online motorcycle taxi drivers are required to ride their motorcycles for a long period of time in order to meet their daily quota of online orders. This condition may lead them to an uneasy sensation on their lower back or a low back pain. **Research Objectives:** This study aimed to determine the correlation between riding duration and low back pain amongst online motorcycle taxi drivers. Another objective being the specific ones were to identify how long do these drivers ride for a day, the categories of their low back pain, and their level of physical activities. **Methods:** This study uses a cross-sectional design with quantitative data collection through various questionnaires such as work duration, the Nordic Body Map, and the IPAQ-SF. **Results:** The post-research showed that the research variables do not meet the required criteria of p-values  $<0.05$  instead them being higher than that. Therefore, this study did not find any correlation between the 3 research variables. **Conclusion:** The conclusion of this study shows that there are no correlations between work duration, low back pain, and physical activity of the motorcycle taxi drivers.

**Keywords:** *Driver, Online Motorcycle Taxi Drivers, Low Back Pain, Physical Activity*