

# HUBUNGAN ANTARA DURASI DUDUK SAAT BEKERJA DENGAN KEJADIAN SINDROM PIRIFORMIS PADA KARYAWAN RUMAH SAKIT PERTAMINA JAYA JAKARTA

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## Abstrak

**Latar Belakang:** Sindrom piriformis merupakan gangguan neuromuskular yang ditandai nyeri pada regio gluteal yang menjalar menyerupai nyeri ischiadicus. Pekerja dengan aktivitas sedentari, khususnya duduk dalam durasi lama, sering dianggap berisiko mengalami kondisi ini. Namun, durasi duduk memiliki keterbatasan sebagai indikator risiko karena tidak sepenuhnya mencerminkan beban biomekanik dan respons jaringan otot. **Tujuan:** Mengetahui hubungan antara durasi duduk saat bekerja dengan kejadian sindrom piriformis pada karyawan Rumah Sakit Pertamina Jaya Jakarta. **Metode:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Sebanyak 48 responden dipilih berdasarkan kriteria inklusi dan eksklusi. Durasi duduk dikategorikan menjadi *low sitting* (< 8 jam/hari) dan *high sitting* ( $\geq$  8 jam/hari). Pengukuran menggunakan IPAQ (*International Physical Activity Questionnaire*) dan Pemeriksaan Klinis Sindrom Piriformis. **Hasil:** Prevalensi sindrom piriformis pada responden sebesar 52,1% (25 responden). Pada kelompok *low sitting*, 45,7% responden mengalami sindrom piriformis, sedangkan pada kelompok *high sitting* sebesar 69,2%. Hasil uji *Chi-Square* menunjukkan tidak terdapat hubungan yang signifikan antara durasi duduk saat bekerja dengan kejadian sindrom piriformis ( $p = 0,147$ ). **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara durasi duduk saat bekerja dan kejadian sindrom piriformis. Temuan ini menunjukkan bahwa sindrom piriformis dipengaruhi oleh faktor multifaktorial, sehingga upaya pencegahan perlu difokuskan pada perbaikan postur dan ergonomi kerja.

**Kata Kunci:** Durasi Duduk, Sindrom Piriformis, Pekerja Sedentari, Karyawan Administrasi

# THE RELATIONSHIP BETWEEN SITTING DURATION AT WORK AND PIRIFORMIS SYNDROME AMONG EMPLOYEES OF PERTAMINA JAYA HOSPITAL JAKARTA

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## Abstract

**Background:** Piriformis syndrome is a neuromuscular disorder characterized by pain in the gluteal region that radiates in a sciatica-like pattern. Workers with sedentary activities, particularly those who sit for prolonged durations, are often considered at risk of developing this condition. However, sitting duration has limitations as a risk indicator because it does not fully represent biomechanical load and muscular tissue response. **Purpose:** To determine the relationship between sitting duration during work and the occurrence of piriformis syndrome among employees of Pertamina Jaya Hospital, Jakarta. **Methods:** This study employed an analytical observational design with a cross-sectional approach. A total of 48 respondents were selected based on inclusion and exclusion criteria. Sitting duration was categorized into low sitting (< 8 hours/day) and high sitting ( $\geq$  8 hours/day). Sitting duration was assessed using the International Physical Activity Questionnaire (IPAQ), while piriformis syndrome was evaluated using the clinical examination of piriformis syndrome. Data were analyzed using the Chi-Square test. **Results:** The prevalence of piriformis syndrome among respondents was 52.1% (25 respondents). In the low sitting group, 45.7% of respondents experienced piriformis syndrome, while in the high sitting group the prevalence was 69.2%. Chi-Square analysis showed no significant association between sitting duration during work and the occurrence of piriformis syndrome ( $p = 0.147$ ). **Conclusion:** There was no significant relationship between sitting duration during work and the occurrence of piriformis syndrome. These findings indicate that piriformis syndrome is influenced by multifactorial factors; therefore, preventive efforts should focus on posture improvement and workplace ergonomics.

**Keywords:** Sitting Duration, Piriformis Syndrome, Sedentary Workers,  
Administrative Employees