

## ABSTRAK

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FAKTOR YANG MEMPENGARUHI KELUHAN *LOW BACK PAIN* PADA GURU (Studi di SDN Ketemasdungus, SDN Kintelan 2, dan SDN Banjaragung 2 Kecamatan Puri, Kabupaten Mojoketo Tahun 2025)

xv + 89 Halaman + 25 Tabel + 5 Lampiran

*Low back pain* diakibatkan karena kegiatan berulang pada saat melakukan pekerjaan. Salah satu pekerjaan yang melakukan kegiatan secara berulang setiap hari ialah guru sekolah dasar. Guru sekolah dasar sering kali memiliki jadwal yang padat, dengan banyak waktu mengajar yang melibatkan posisi berdiri dan duduk dalam waktu lama. Tujuan penelitian ini adalah untuk menganalisis faktor apa saja yang mempengaruhi keluhan *low back pain* pada guru SDN Ketemasdungus, SDN Kintelan 2, dan SDN Banjaragung 2 di Kecamatan Puri, Kabupaten Mojokerto.

Metode penelitian yang digunakan adalah analitik observasional dengan pendekatan *cross-sectional*. Populasi penelitian ini seluruh guru di SDN Ketemasdungus, SDN Kintelan 2, dan SDN Banjaragung 2. Sampel penelitian berjumlah 33 guru yang dipilih menggunakan metode *simple random sampling* melalui teknik undian. Variabel bebas penelitian ini adalah usia, jenis kelamin, masa kerja, indeks masa tubuh, durasi kerja, postur kerja, dan beban kerja. Variabel terikat penelitian ini adalah keluhan *Low Back Pain*. Teknik pengumpulan data dengan observasi dan penyebaran kusioner. Analisa hasil penelitian menggunakan uji *chi-square*.

Hasil penelitian didapatkan variabel yang berpengaruh dengan keluhan *low back pain*, yaitu faktor individu terdiri dari Indeks Masa Tubuh (nilai  $p = 0,037$ ) dan Aktivitas Fisik (nilai  $p = 0,0274$ ), serta faktor pekerjaan terdiri dari Durasi Kerja (nilai  $p = 0,005$ ) dan Beban Kerja (nilai  $p = 0,003$ ),

Kesimpulan penelitian ini menunjukkan bahwa terdapat pengaruh antara faktor individu (indeks massa tubuh dan aktivitas fisik) serta faktor pekerjaan (durasi kerja dan beban kerja) terhadap keluhan *low back pain*. Disarankan untuk menerapkan pola kerja ergonomis, membiasakan gaya hidup sehat, serta melakukan aktivitas fisik secara teratur guna mencegah keluhan *low back pain*.

Kata kunci : *low back pain*, guru, indeks masa tubuh, OWAS

## ABSTRACT

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*FACTORS AFFECTING LOW BACK PAIN COMPLAINTS IN TEACHERS  
(A Study at SDN Ketemasdungus, SDN Kintelan 2, and SDN Banjaragung 2,  
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xv + 89 Pages + 25 Tables + 5 Appendices*

*Low back pain was caused by repetitive activities performed during work. One of the occupations that involved repetitive daily activities was elementary school teaching. Elementary school teachers often had tight schedules, with long teaching hours that involved prolonged standing and sitting. The purpose of this study was to analyze the factors that influenced low back pain complaints among teachers at SDN Ketemasdungus, SDN Kintelan 2, and SDN Banjaragung 2 in Puri Subdistrict, Mojokerto Regency.*

*The research method used was observational analytic with a cross-sectional approach. The population in this study consisted of all teachers at SDN Ketemasdungus, SDN Kintelan 2, and SDN Banjaragung 2. A total of 33 teachers were selected as samples using a simple random sampling method through a lottery technique. The independent variables in this study were age, gender, years of service, body mass index, duration of work, working posture, and workload. The dependent variable was low back pain complaints. Data were collected through observation and the distribution of questionnaires. The results were analyzed using the chi-square test.*

*The results of the study showed that the variables that influenced low back pain complaints included individual factors such as Body Mass Index ( $p = 0.037$ ) and Physical Activity ( $p = 0.0274$ ), as well as occupational factors such as Work Duration ( $p = 0.005$ ) and Working Posture ( $p = 0.003$ ).*

*The conclusion of this study showed that there was an influence of individual factors (body mass index and physical activity) and work-related factors (work duration and workload) on low back pain complaints. It is recommended to implement ergonomic work patterns, adopt a healthy lifestyle, and engage in regular physical activity in order to prevent low back pain complaints.*

*Keywords: low back pain, teacher, body mass index, OWAS*