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ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN *LOW BACK PAIN* PADA NELAYAN KAMPUNG TAMBAKLOROK KELURAHAN TANJUNG MAS KECAMATAN SEMARANG UTARA

ABSTRAK

Latar Belakang : Berdasarkan data WHO (2022) Gangguan *musculoskeletal* di dunia berjumlah 1,71 milyar dan *low back pain* menempati masalah kesehatan ke-3 di dunia sebanyak 17,3 juta. Faktor risiko terjadinya *low back pain* meliputi faktor individu, faktor pekerjaan, dan faktor lingkungan. Nelayan seringkali harus mengangkat, menarik, dan memindahkan peralatan berat, seperti jaring ikan, tangkapan, atau peralatan perikanan lainnya. Aktivitas ini dapat menempatkan beban tambahan pada otot punggung bawah dan tulang belakang, yang dapat menyebabkan stres dan ketegangan berlebih pada daerah punggung bawah. Penelitian ini bertujuan menganalisis faktor yang mempengaruhi kejadian *low back pain* pada nelayan di Kampung Tambaklorok.

Metode : Penelitian ini adalah observasional dengan pendekatan *cross-sectional*. Populasi penelitian ini seluruh nelayan kelompok Indah Jaya dengan teknik sampel *quota sampling* menggunakan rumus *slovin* berjumlah 88 responden. Pengumpulan data melalui kuesioner, menggunakan instrument *Oswestry Disability Index* (ODI) dan *Rapid Entire Body Assessment* (REBA). Analisis univariat menggunakan distribusi frekuensi untuk mengetahui usia, beban kerja, massa kerja, postur kerja, dan lama kerja sementara analisis bivariat dilakukan dengan uji *Fisher exact* ($\alpha=0,05$).

Hasil : hasil penelitian menunjukkan bahwa usia berisiko sebesar 89,9%, beban kerja berisiko sebesar 87,4%, massa kerja berisiko sebesar 81,6%, postur kerja berisiko sebesar 78,2%, lama kerja sebesar 73,6%, dan mengalami *Low Back Pain* sebesar 80,5%. Hasil analisis uji *Fisher exact* terdapat hubungan antara usia ($p=0,012$), beban kerja ($p=0,001$), massa kerja ($p=0,000$), postur kerja ($p=0,000$), lama kerja ($p=0,000$) dengan kejadian *Low Back Pain*.

Kata Kunci : *Low Back Pain*, nelayan, Tambaklorok

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ANALYSIS OF FACTORS RELATED TO THE INCIDENCE OF LOW BACK PAIN IN FISHERMEN OF TAMBAKLOROK VILLAGE, TANJUNG MAS VILLAGE, NORTH SEMARANG DISTRICT

ABSTRACT

Background: Based on WHO (2022) data, musculoskeletal disorders in the world amount to 1.71 billion and low back pain occupies the 3rd health problem in the world as many as 17.3 million. Risk factors for low back pain include individual factors, occupational factors, and environmental factors. Fishermen often have to lift, pull, and move heavy equipment, such as fishing nets, catches, or other fishing equipment. This activity can put additional load on the muscles of the lower back and spine, which can cause stress and overstrain in the lower back area. This study aims to analyze the factors that affect the incidence of low back pain in fishermen in Tambaklorok Village.

Method: This study is observational with a cross-sectional approach. The population of this study was all fishermen of the Indah Jaya group with a quota sampling technique using the slovin formula totaling 88 respondents. Data collection was through questionnaires, using Oswestry Disability Index (ODI) and Rapid Entire Body Assessment (REBA) instruments. Univariate analysis uses frequency distribution to determine age, workload, work mass, work posture, and length of work while bivariate analysis is carried out with Fisher exact test ($\alpha=0.05$).

Results: The results showed that the age was at risk at 89.9%, the workload was at risk at 87.4%, the work mass was at risk at 81.6%, the work posture was at risk at 78.2%, the length of work was 73.6%, and the low back pain was 80.5%. The results of the Fisher exact test analysis showed a relationship between age ($p=0.012$), workload ($p=0.001$), work mass ($p=0.000$), work posture ($p=0.000$), work length ($p=0.000$) and the incidence of Low Back Pain.

Keywords : *Low Back Pain*, fishermen, Tambaklorok