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**FAKTOR YANG MEMPENGARUHI LOW BACK PAIN (LBP) PADA
PRAMUDI BUS RAPID TRANSIT (BRT) DI KANTOR TOURIST
INFORMATION CENTER (TIC) KOTA SEMARANG**

ABSTRAK

Latar Belakang: *Low back pain* merupakan salah satu penyebab utama kecacatan global. Menurut Cristina Pasha (2022), pekerja yang cenderung rentan mengalami *low back pain* adalah pengemudi bus karena meningkatnya minat masyarakat terhadap transportasi umum, pramudi bus sering kali mengalami gangguan *musculoskeletal* yaitu *low back pain* yang disebabkan oleh berbagai faktor dari aktivitas kerja. Salah satu faktor yang mempengaruhi *low back pain* yaitu usia, masa kerja dan *whole body vibration*. Penelitian ini bertujuan untuk mengetahui faktor yang mempengaruhi *low back pain* pada pramudi *Bus Rapid Transit (BRT)* di Kantor *Tourist Information Center (TIC)* Kota Semarang.

Metode: Jenis penelitian ini adalah kuantitatif menggunakan desain penelitian analitik observasional dengan pendekatan *cross sectional* dan teknik sampling yaitu *total sampling*. Populasi dalam penelitian ini adalah pramudi BRT di Kantor TIC Kota Semarang. Sampel yang digunakan 44 pramudi. Pengumpulan data menggunakan kuesioner *Oswestry Disability Index (ODI)*, *vibration meter*. Analisis bivariat menggunakan uji *chi square*.

Hasil: Hasil perhitungan uji *chi square* menunjukkan ada hubungan antara usia ($p = 0,018$), masa kerja ($p = 0,047$) dan *whole body vibration* ($p = 0,018$) dengan *low back pain*. Bila dibandingkan dengan nilai α maka dapat disimpulkan bahwa nilai $p\text{-value} < 0,05$.

Simpulan: Terdapat hubungan antara usia, masa kerja dan *whole body vibration* dengan *low back pain*.

Kata Kunci : *Low back pain*, Pramudi, BRT

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**FACTORS THAT AFFECT *LOW BACK PAIN* (LBP) IN RAPID TRANSIT
(BRT) BUS DRIVERS AT THE *TOURIST INFORMATION CENTER* (TIC)
OFFICE OF SEMARANG CITY**

ABSTRACT

Background: *Low back pain* is one of the main causes of global disability. According to Cristina Pasha (2022), workers who tend to experience *low back pain* are bus drivers because of the increasing public interest in public transportation, bus attendants often experience musculoskeletal disorders, namely *low back pain* caused by various factors from work activities. One of the factors that affect *low back pain* is age, working life and *whole body vibration*. This research aims to find out the factors that affect *low back pain* in Bus Rapid Transit (BRT) flight attendants at the *Tourist Information Center* (TIC) Semarang City Office.

Method: This type of research is quantitative using observational analytical research design with a cross-sectional approach and sampling technique, namely total sampling. The population in this research is BRT flight attendants at the Semarang City TIC Office. The sample used is 44 scouts. Data collection using Oswestry Disability Index (ODI) questionnaire, vibration meter. Bivariate analysis using the chi square test.

Result: The results of the chi square test calculation show that there is a relationship between age ($p = 0,018$), length of service ($p = 0,047$) and *whole body vibration* ($p = 0,018$) with *low back pain*. When compared with the α value, it can be concluded that the p -value < 0.05 .

Conclusion: There is a relationship between age, working time and *whole body vibration* with *low back pain*.

Keywords : *Low back pain*, Driver, BRT