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**HUBUNGAN POSTUR KERJA DENGAN KELUHAN *LOW BACK PAIN*
(LBP) PADA PETANI PADI WANITA DI DESA PLOSOKEREP
KECAMATAN NGARINGAN KABUPATEN GROBOGAN**

ABSTRAK

Latar Belakang: Nyeri punggung bawah atau *Low Back Pain* (LBP) merupakan salah satu gangguan musculoskeletal akibat dari ergonomi yang salah. Berdasarkan data WHO (2021) potensi terjadinya LBP sekitar 60-80%. Nyeri punggung merupakan salah satu alasan utama seseorang tidak bekerja hingga menyebabkan hilangnya jutaan hari kerja setiap tahunnya. Di Negara Inggris dan Amerika Serikat kejadian *Low Back Pain* (LBP) telah mencapai proporsi endemic. Tercatat 17,3 juta orang Inggris pernah mengalami LBP. Dari jumlah tersebut sebanyak 1,1 juta orang mengalami kelumpuhan akibat nyeri punggung. Dengan tujuan menganalisis hubungan postur kerja dengan keluhan *Low Back Pain* (LBP) pada petani padi wanita. Penelitian ini bertujuan untuk mengetahui hubungan postur kerja dengan keluhan *Low Back Pain* (LBP) pada petani padi wanita di Desa Plosokerep, Kecamatan Ngaringan Kabupaten Grobogan.

Metode: Jenis penelitian ini merupakan jenis penelitian kuantitatif, menggunakan desain observasional analitik dengan pendekatan *Cross Sectional* dan teknik sampling yaitu total sampling. Populasi dalam penelitian ini adalah seluruh wanita tani srikandi. Sampel yang digunakan sebanyak 40 petani wanita. Pengumpulan data menggunakan observasi lembar pengukuran REBA dan kuesioner *The Pain and Distress Scale*. Analisis bivariat menggunakan uji *Chi square*.

Hasil: Mayoritas petani padi wanita memiliki postur kerja yang sangat berisiko sebesar 24 orang (60%) dan mayoritas memiliki keluhan *low back pain* (LBP) kategori sedang sebanyak 20 orang (50%). Hasil uji *fisher's exact test* hubungan postur kerja dengan keluhan *Low Back Pain* (LBP) pada petani padi wanita didapatkan nilai ($p = 0,000 < 0,05$).

Simpulan: Ada hubungan postur kerja dengan keluhan *Low Back Pain* (LBP) pada petani padi wanita. Sebaiknya responden memperbaiki postur kerja dan melakukan relaksasi otot di sela-sela bekerja agar otot tidak tegang dengan menggerakkan kaki agar posisi kaki tidak statis selama melakukan pekerjaan.

Kata Kunci : Postur Kerja, Keluhan *Low Back Pain*, Petani Padi

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RELATIONSHIP BETWEEN WORK POSTURE AND LOW BACK PAIN (LBP) COMPLAINTS IN FEMALE RICE FARMERS IN PLOSOKEREP VILLAGE, NGARINGAN DISTRICT, GROBOGAN REGENCY

ABSTRACT

Background: Lower back pain or Low Back Pain (LBP) is a musculoskeletal disorder caused by incorrect ergonomics. Based on WHO data (2021), the potential for LBP is around 60-80%. Back pain is one of the main reasons why someone does not work, causing the loss of millions of working days each year. In the UK and the United States, the incidence of Low Back Pain (LBP) has reached endemic proportions. It is recorded that 17.3 million British people have experienced LBP. Of that number, 1.1 million people are paralyzed due to back pain. With the aim of analyzing the relationship between work posture and Low Back Pain (LBP) complaints in female rice farmers. This study aims to determine the relationship between work posture and Low Back Pain (LBP) complaints in female rice farmers in Plosokerep Village, Ngaringan District, Grobogan Regency.

Method: This type of research is a quantitative research, using an analytical observational design with a Cross Sectional approach and a sampling technique, namely total sampling. The population in this study were all female Srikandi farmers. The sample used was 40 female farmers. Data collection used REBA measurement sheet observations and The Pain and Distress Scale questionnaires. Bivariate analysis used the Chi square test.

Results: The majority of female rice farmers have a very risky working posture of 24 people (60%) and the majority have complaints of low back pain (LBP) medium category of 20 people (50%). The results of the *fisher's exact test* of the relationship between working posture and complaints of Low Back Pain (LBP) in female rice farmers obtained a value of ($p = 0,000 < 0,05$).

Conclusion: There is a relationship between work posture and Low Back Pain (LBP) complaints in female rice farmers. Respondents should improve their work posture and do muscle relaxation in between work so that the muscles are not tense by moving the feet so that the foot position is not static while doing the work.

Keywords: Work Posture, Low Back Pain Complaints, Rice Farmers