Universitas Ngudi Waluyo
Program Studi S1 Keperawatan, Fakultas Kesehatan
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Muhammad Amin Usman Tanro
017242099

"HUBUNGAN ANTARA BEBAN KERJA DENGAN KEJADIAN *LOW BACK PAIN* PADA PERAWAT DI INSTALASI BEDAH SENTRAL (IBS)".

ABSTRAK

Latar Belakang: Perawat di Instalasi Bedah Sentral (IBS) memiliki tuntutan pekerjaan yang tinggi, baik secara fisik maupun mental, seperti berdiri dalam waktu lama, posisi kerja statis, mengangkat dan memindahkan pasien, serta tuntutan ketelitian dan tanggung jawab yang besar. Kondisi tersebut berpotensi meningkatkan beban kerja perawat dan menimbulkan gangguan muskuloskeletal, salah satunya low back pain. Low back pain merupakan masalah kesehatan kerja yang sering dialami perawat dan dapat berdampak pada penurunan produktivitas serta kualitas pelayanan kesehatan. Penelitian ini bertujuan untuk mengetahui hubungan antara beban kerja dengan kejadian low back pain pada perawat di Instalasi Bedah Sentral (IBS) RSUD dr. H. Jusuf SK Kota Tarakan.
Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain analitik observasional dan rancangan *cross-sectional*. Populasi sekaligus sampel dalam penelitian ini adalah seluruh perawat yang bekerja di Instalasi Bedah Sentral (IBS) RSUD dr. H. Jusuf SK sebanyak 40 orang. Data dikumpulkan menggunakan kuesioner beban kerja perawat berdasarkan Nursalam (2016) dan kuesioner low back pain (*The Pain and Distress Scale*) berdasarkan Brunner & Suddarth (2014). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat signifikansi 0,05.
Hasil: Hasil penelitian menunjukkan bahwa sebagian besar perawat memiliki beban kerja berat (87,2%) dan mengalami low back pain (87,2%). Analisis bivariat menunjukkan bahwa seluruh perawat dengan beban kerja berat mengalami low back pain, sedangkan seluruh perawat dengan beban kerja sedang tidak mengalami low back pain. Hasil uji Chi-Square diperoleh nilai p-value = 0,000 ($p < 0,05$), yang menunjukkan adanya hubungan yang signifikan antara beban kerja dengan kejadian low back pain pada perawat di Instalasi Bedah Sentral (IBS) RSUD dr. H. Jusuf SK Kota Tarakan.
Simpulan:. Terdapat hubungan yang signifikan antara beban kerja dengan kejadian low back pain pada perawat di Instalasi Bedah Sentral (IBS) RSUD dr. H. Jusuf SK Kota Tarakan. Semakin berat beban kerja yang dirasakan perawat, semakin tinggi kejadian low back pain.

Kata Kunci: Beban kerja, Low back pain, Perawat

Ngudi Waluyo University
Study Program of S1 Nursing, Faculty of Health
Final Project, January 5, 2025
Muhammad Amin Usman Tanro
017242099

"*RELATIONSHIP BETWEEN WORKLOAD AND LOW BACK PAIN INCIDENCE IN NURSES IN CENTRAL SURGICAL INSTALLATIONS (IBS)*".

ABSTRACT

Background: Nurses in the Central Surgical Installation (CSI) face high work demands, both physically and mentally, such as prolonged standing, static work positions, lifting and moving patients, and demands for precision and significant responsibility. These conditions have the potential to increase nurses' workload and lead to musculoskeletal disorders, one of which is low back pain. Low back pain is a common occupational health problem experienced by nurses and can impact productivity and the quality of healthcare services. This study aims to determine the relationship between workload and the incidence of low back pain among nurses in the Central Surgical Installation (CSI) of Dr. H. Jusuf SK Regional General Hospital, Tarakan City.
Methods: This study used a quantitative approach with an observational analytical and cross-sectional design. The population and sample in this study were all 40 nurses working in the Central Surgical Installation (CSI) of Dr. H. Jusuf SK Regional General Hospital. Data were collected using a nurse workload questionnaire based on Nursalam (2016) and a low back pain questionnaire (The Pain and Distress Scale) based on Brunner & Suddarth (2014). Data analysis was performed using univariate and bivariate methods using the Chi-Square test with a significance level of 0.05.
Results: The study showed that the majority of nurses had a heavy workload (87.2%) and experienced low back pain (87.2%). Bivariate analysis showed that all nurses with a heavy workload experienced low back pain, while all nurses with a moderate workload did not experience low back pain. The Chi-Square test yielded a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between workload and the incidence of low back pain among nurses in the Central Surgical Installation (CSI) of Dr. H. Jusuf SK Regional General Hospital, Tarakan City.
Conclusion: There is a significant relationship between workload and the incidence of low back pain among nurses in the Central Surgical Installation (CSI) of Dr. H. Jusuf SK Regional General Hospital, Tarakan City. The heavier the workload experienced by nurses, the higher the incidence of low back pain.

Keywords: Workload, Low back pain, Nurses