HEALTH SCIENCE STUDY PROGRAM (S1)
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Factors Associated with *Low Back Pain* (LBP) in Workers at the Tanah Putih Rokan Hilir Sub-District Office in 2021

XIII + 58 page + 9 Table + 2 Schemes + 5 Appendix

ABSTRACT

Low Back Pain (LBP) is a symptom of pain in the lower back and is a work related musculoskeletal disorder. This pain can be in the form of local pain, radicular pain or both, which is felt between the corners of the lower ribs to the lower buttocks, namely in the lumbar or lumbo-sacral area and is often accompanied by radiating pain to the legs and feet Several important risk factors related to the incidence of *Low Back Pain* (LBP) are categorized into 3, namely individual factors, occupational factors, and environmental factors. Based on a preliminary survey conducted at the Tanah Putih Rokan Hilir sub-district office regarding *Low Back Pain* (LBP) in 7 workers, 5 people *experienced Low Back Pain* (LBP) and 2 people did not experience *Low Back Pain* (LBP). The purpose of this is to determine the factors associated with *Low Back Pain* (LBP). This type of research is a quantitative research using a Cross Sectional approach. This research was conducted at the Tanah Putih Rokan Hilir sub-district office using a total sampling technique, namely the entire population of respondents who will be sampled. The research measuring instrument is a questionnaire. Furthermore, analyzed univariate and bivariate using chi square test. The results of the study showed that the factors associated with *Low Back Pain* (LBP) were age (P value = $0.001 < 0.05$), years of service (P value = $0.001 < 0.05$). Meanwhile, what is not related to *Low Back Pain* (LBP) is the length of work. The conclusion of this study is that the factors associated with *Low Back Pain* (LBP) are age and years of service. It is recommended to workers at the Tanah Putih Rokan Hilir sub-district office at risk age > 35 years and working period > 5 years to be able to exercise regularly, avoid stress, maintain posture, reduce weight, stop smoking, and improve sleeping position.

Keywords   : *Low Back Pain* (LBP), Age, Years Of Service
Bibliography : 17