

ABSTRAK

HUBUNGAN IMT, AKTIVITAS FISIK, USIA, DAN JENIS KELAMIN DENGAN TINGKAT DISABILITAS AKIBAT *LOW BACK PAIN* PADA LANSIA BERDASARKAN *OSWESTRY DISABILITY* *INDEX (ODI)* DI UPTD TRESNA WERDHA NATAR

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Latar Belakang: *Low Back Pain* masih menjadi salah satu penyakit yang menyebabkan beban global sangat besar dan disabilitas pada penderitanya. Populasi yang berisiko mengalami LBP adalah lansia. Faktor risiko mencakup faktor individu, seperti usia, jenis kelamin, IMT, dan aktivitas fisik. Faktor risiko lainnya yang kerap menyebabkan LBP diantaranya, faktor pekerjaan dan faktor lingkungan. Penelitian ini bertujuan untuk mengetahui hubungan IMT, aktivitas fisik, usia, dan jenis kelamin dengan tingkat disabilitas akibat LBP pada lansia.

Metode: Penelitian ini bersifat analitik observasional dengan pendekatan *cross sectional*. Pengambilan sampel dilakukan melalui teknik *total sampling* dengan populasi 75 orang. Namun, terdapat 20 orang yang dikeluarkan dari sampel penelitian karena tidak memenuhi kriteria inklusi peneliti. Pengolahan data dilakukan dengan uji *chi-square*.

Hasil: Hasil penelitian menunjukkan terdapat 30 lansia yang tidak mengalami disabilitas (45,5%) dan 25 lansia yang mengalami disabilitas ringan (54,5%). Hasil bivariat antar variabel yaitu IMT (*p-value* = 0,015), aktivitas fisik (*p-value* = 0,054), usia (*p-value* = 0,912), jenis kelamin (*p-value* = 0,199).

Kesimpulan: Terdapat hubungan antara IMT dengan tingkat disabilitas akibat LBP, tetapi tidak terdapat hubungan antara aktivitas fisik, usia, dan jenis kelamin dengan tingkat disabilitas akibat LBP.

Kata Kunci: IMT, Tingkat Disabilitas, *Low Back Pain (LBP)*

ABSTRACT

THE RELATIONSHIP BETWEEN BMI, PHYSICAL ACTIVITY, AGE AND GENDER WITH THE LEVEL OF DISABILITY DUE TO LOW BACK PAIN IN THE ELDERLY BASED ON OSWESTRY DISABILITY INDEX (ODI) AT UPTD TRESNA WERDHA NATAR

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Background: Low Back Pain is still one of the diseases that causes a very large global burden and disability in sufferers. The population at risk of experiencing LBP is the elderly. Risk factors include individual factors, such as age, gender, BMI, and physical activity. Other risk factors that often cause LBP include occupational factors and environmental factors. This study aims to determine the relationship between BMI, physical activity, age and gender with the level of disability due to LBP in the elderly.

Methods: This research is an observational analytical study with a cross-sectional approach. This research is using total sampling technique with a population of 75 people. However, 20 people were excluded from the research sample because they did not qualify the researcher's inclusion criteria. Data processing was carried out using the chi-square test.

Results: The results showed that there were 30 elderly people who did not have disabilities (45.5%) and 25 elderly people who have mild disabilities (54.5%). The bivariate results between variables were BMI (p -value = 0.015), physical activity (p -value = 0.054), age (p -value = 0.912), gender (p -value = 0.199).

Conclusion: There was a relationship between BMI and the level of disability due to LBP, but there was no relationship between physical activity, age, and gender with the level of disability due to LBP.

Keywords: BMI, Level of Disability, Low Back Pain (LBP)