

ABSTRACT

FACTORS ASSOCIATED WITH DISABILITY LEVEL DUE TO LOW BACK PAIN BASED ON OSWESTRY DISABILITY INDEX AMONG ONLINE MOTORCYCLE TAXI DRIVERS

By

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Background: Low back pain (LBP) is the most common musculoskeletal disorder and the leading cause of disability. An increase in the disability level due to LBP causes a decrease in worker productivity, such as online motorcycle taxi drivers. This study aims conducted to determine the factors associated with disability level due to LBP based on Oswestry Disability Index (ODI) among online motorcycle taxi drivers.

Research Methods: Observational quantitative research with a Cross-Sectional approach using total sampling technique. Respondents consisted of 68 online motorcycle taxi drivers. Data were analyzed using Chi-Square test.

Research Results: Online motorcycle taxi drivers distribution are highest in the early working-age (25-34 years) (48,5%), normal body mass index (BMI) (18,5-25,0) (44,1%), smoking habits (67,6%), work period ≤ 5 years (69,1%), work duration > 8 hours/day (73,5%), moderate risk work position (66,2%), and disability level due to mild LBP (63,2%). Chi-Square test results showed $p < 0,05$ in BMI ($p = 0.001$), work period ($p = 0.004$), work duration ($p = 0.008$), and work position ($p = 0.001$). Chi-Square test results showed $p > 0,05$ in age ($p = 0.407$) and smoking habit ($p = 0.559$).

Conclusion: There is an association between BMI, work period, work duration, and work position with disability level due to LBP. There is no association between age and smoking habit with disability level due to LBP.

Keywords: Low back pain, online motorcycle taxi, Oswestry Disability Index

ABSTRAK
**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN TINGKAT
DISABILITAS AKIBAT LOW BACK PAIN BERDASARKAN
OSWESTRY DISABILITY INDEX PADA PENGENDARA
OJEK ONLINE**

Oleh

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Latar Belakang: *Low back pain* (LBP) merupakan gangguan muskuloskeletal paling umum terjadi dan penyebab utama disabilitas. Peningkatan tingkat disabilitas akibat LBP menyebabkan penurunan produktivitas pekerja, seperti pengendara ojek *online*. Penelitian dilakukan untuk mengetahui faktor-faktor yang berhubungan dengan tingkat disabilitas akibat LBP berdasarkan *Oswestry Disability Index* (ODI) pada pengendara ojek *online*.

Metode Penelitian: Penelitian kuantitatif observasional dengan pendekatan *Cross-Sectional* menggunakan teknik *total sampling*. Responden terdiri dari 68 pengendara ojek *online*. Data dianalisis menggunakan uji *Chi-Square*.

Hasil Penelitian: Distribusi pengendara ojek *online* paling tinggi pada usia pekerja awal (25-34 tahun) (48,5%), indeks massa tubuh (IMT) normal (18,5-25,0) (44,1%), merokok (67,6%), masa kerja ≤ 5 tahun (69,1%), durasi kerja > 8 jam/hari (73,5%), posisi kerja risiko sedang (66,2%), dan tingkat disabilitas akibat LBP ringan (63,2%). Hasil uji *Chi-Square* menunjukkan $p < 0,05$ pada IMT ($p = 0,001$), masa kerja ($p = 0,004$), durasi kerja ($p = 0,008$), dan posisi kerja ($p = 0,001$). Hasil uji *Chi-Square* menunjukkan $p > 0,05$ pada usia ($p = 0,407$) dan kebiasaan merokok ($p = 0,559$).

Kesimpulan: Terdapat hubungan antara IMT, masa kerja, durasi kerja, dan posisi kerja dengan tingkat disabilitas akibat LBP. Tidak terdapat hubungan antara usia dan kebiasaan merokok dengan tingkat disabilitas akibat LBP.

Kata Kunci: *Low back pain*, ojek *online*, *Oswestry Disability Index*