ABSTRAK

HUBUNGAN USIA, INDEKS MASSA TUBUH, MASA KERJA, DAN DURASI DUDUK DENGAN KELUHAN *LOW BACK PAIN* PADA PEGAWAI BNI KCU METRO PROVINSI LAMPUNG

Oleh

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Latar Belakang: *Low Back Pain* (LBP) adalah keluhan nyeri atau kaku pada punggung bagian bawah. Masalah ini sering dialami oleh pekerja sektor formal seperti karyawan di bank akibat durasi duduk yang lama dan faktor individu lainnya seperti usia, Indeks Massa Tubuh (IMT), dan masa kerja. Penelitian ini bertujuan untuk mengetahui hubungan antara usia, IMT, masa kerja, dan durasi duduk terhadap keluhan LBP pada pegawai BNI KCU Metro Provinsi Lampung.
Metode: Penelitian ini menggunakan metode observasional analitik dan pendekatan *cross-sectional*. Sampel penelitian terdiri dari pegawai BNI KCU Metro Provinsi Lampung yang memenuhi kriteria inklusi dan eksklusi. Data dikumpulkan melalui kuesioner dan dianalisis secara univariat dan bivariat dengan menggunakan bantuan SPSS.
Hasil: Berdasarkan 51 responden yang memenuhi kriteria inklusi, hasil menunjukkan bahwa terdapat LBP pada 41 orang (80,4%). Mayoritas pegawai berusia <30 tahun sebanyak 29 orang (56,9%), memiliki IMT tidak obesitas sebanyak 31 orang (60,8%), memiliki durasi duduk >4 jam sebanyak 44 orang (86,3%), dan masa kerja >5 tahun sebanyak 30 orang (58,8%). Terdapat hubungan antara durasi duduk dengan keluhan LBP (p = 0,001 dan OR = 16,500 95% CI 2,921-93,195), pegawai dengan durasi duduk >4 jam 16,5 kali lebih berisiko mengalami LBP dibandingkan durasi duduk <4 jam. Namun, tidak terdapat hubungan dengan usia (p = 1,000), masa kerja (p = 0,246), dan IMT (p = 1,000).
Kesimpulan: Mayoritas pegawai sudah mengalami keluhan LBP, dimana hasil menunjukkan hubungan yang bermakna antara durasi duduk dengan keluhan LBP. Namun, hasil menunjukkan didapatkan hubungan tidak bermakna antara usia, masa kerja, dan IMT dengan keluhan LBP pada pegawai.

Kata Kunci: Durasi Duduk, Indeks Massa Tubuh, *Low Back Pain,* Masa Kerja, *Nordic Musculoskeletal Questionnaire*, Usia.

ABSTRACT

THE RELATIONSHIP BETWEEN AGE, BODY MASS INDEX, LENGTH OF EMPLOYMENTS, AND SITTING DURATION WITH LOW BACK PAIN COMPLAINTS AMONG EMPLOYEES OF BNI KCU METRO, LAMPUNG PROVINCE

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Background: Low back pain (LBP) is a complaint of pain or stiffness in the lower back. This problem is often experienced by formal sector workers, such as bank employees, due to prolonged sitting and other individual factors such as age, Body Mass Index (BMI), and length of service. This study aims to determine the relationship between age, BMI, length of service, and sitting duration and complaints of low back pain among employees of BNI KCU Metro, Lampung Province.

Methods: This study used an observational analytical method and a cross-sectional approach. The sample consisted of BNI KCU Metro employees in Lampung Province who met the inclusion and exclusion criteria. Data were collected through a questionnaire and analyzed univariately and bivariately using SPSS.

Results: Based on 51 respondents who met the inclusion criteria, the results showed that there was Low Back Pain in 41 people (80.4%). The majority of employees were aged <30 years as many as 29 people (56.9%), had a non-obese BMI as many as 31 people (60.8%), had a sitting duration of >4 hours as many as 44 people (86.3%), and a work period of >5 years as many as 30 people (58.8%). There was a relationship between sitting duration and LBP complaints ($p = 0.001$ and OR = 16.500 95% CI 2.921-93.195), employees with sitting duration >4 hours were 16.5 times more at risk of experiencing LBP than sitting duration <4 hours. However, there was no relationship with age ($p = 1.000$), work period ($p = 0.246$), and BMI ($p = 1.000$).

Conclusions: : The majority of employees have experienced LBP, with results showing a significant association between sitting duration and LBP. However, results showed no significant association between age, length of service, and BMI with LBP in employees.

Keywords: Age, Body Mass Index, Low Back Pain, Length of Employments, Nordic Musculoskeletal Questionnaire, Sitting Duration.