

ABSTRAK

ERGONOMICS DEMONSTRATION DALAM UPAYA PERILAKU PENCEGAHAN LOW BACK PAIN PADA PEKERJA PEMBUAT KERIPIK APEL DI DESA BUMIAJI, KOTA BATU

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Latar Belakang: *Low Back Pain* merupakan nyeri yang terasa di daerah punggung bawah mulai dari bawah tulang rusuk atau pinggang nyeri radikular nyeri lokal dan keduanya sering disertai nyeri dari tungkai sampai kaki. Tindakan untuk meningkatkan perilaku pencegahan *low back pain* dengan memberikan *ergonomics demonstration*. Tujuan penelitian yaitu untuk mengetahui pengaruh *ergonomics demonstration* terhadap perilaku pencegahan *low back pain* pada pekerja pembuat keripik apel di Desa Bumiaji, Kota Batu.

Metode penelitian: Desain penelitian menggunakan desain *Pre Eksperimen* dengan rancangan *One-Group Pra-Post Test Design*. Populasi penelitian sebanyak 71 pekerja pembuat keripik apel dan sampel penelitian sebanyak 71 responden dengan penentuan menggunakan *total sampling*. Teknik pengumpulan data menggunakan instrumen berupa lembar observasi perilaku pencegahan *low back pain*. Metode analisis data yang digunakan yaitu uji *Paired T Test*.

Hasil penelitian: menunjukkan sebelum diberikan *ergonomics demonstration* hampir seluruh 57 (80,3%) responden memiliki perilaku pencegahan *low back pain* kategori kurang dan sesudah diberikan *ergonomics demonstration* hampir seluruh 58 (81,7%) responden memiliki perilaku pencegahan *low back pain* kategori baik. Hasil uji *Paired T Test* membuktikan bahwa ada pengaruh *ergonomics demonstration* terhadap perilaku pencegahan *low back pain* pada pekerja pembuat keripik apel di Desa Bumiaji, Kota Batu didapatkan nilai $p = (0,000)$.

Kesimpulan: Ada pengaruh *ergonomics demonstration* terhadap perilaku pencegahan *low back pain* pada pekerja pembuat keripik apel di Desa Bumiaji, Kota Batu, artinya *ergonomics demonstration* yang diberikan selama 20-30 menit selama 1 kali perlakuan mampu meningkatkan perilaku pencegahan *low back pain* dari kurang menjadi baik.

Kata Kunci: *Ergonomics Demonstration, Perilaku, Low Back Pain, Pekerja Pembuat Keripik Apel.*

ABSTRACT

ERGONOMICS DEMONSTRATION IN AN EFFORT TO PREVENT LOW BACK PAIN BEHAVIOR IN APPLE CHIP MAKING WORKERS IN BUMIAJI VILLAGE, BATU CITY

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Background: Low Back Pain is pain that is felt in the lower back area starting from below the ribs or waist. Radicular pain is localized and both are often accompanied by pain from the legs to the feet. Actions to improve low back pain prevention behavior by providing ergonomics demonstration. The purpose of the study was to determine the effect of ergonomics demonstration on low back pain prevention behavior in apple chip making workers in Bumiaji Village, Batu City.

Research method: The research design uses a Pre-Experiment design with a One-Group Pre-Post Test Design. The research population was 71 apple chip making workers and the research sample was 71 respondents with determination using total sampling. The data collection technique uses an instrument in the form of an observation sheet for low back pain prevention behavior. The data analysis method used is the Paired T Test.

The results of the study: showed that before being given the ergonomics demonstration, almost all 57 (80,3%) respondents had low back pain prevention behaviors in the poor category and after being given ergonomics demonstrations, almost all 58 (81,7%) respondents had low back pain prevention behaviors in the good category. The results of the Paired T Test proved that there was an effect of ergonomics demonstration on low back pain prevention behavior in apple chip makers in Bumiaji Village, Batu City, with a value of $p = (0,000)$.

Conclusion: Meaning that there is an effect of ergonomics demonstration on low back pain prevention behavior in apple chip making workers in Bumiaji Village, Batu City, meaning that ergonomics demonstration given for 20-30 minutes for 1 treatment is able to improve low back pain prevention behavior from less to good.

Keywords: Ergonomics Demonstration, Behavior, Low Back Pain, Apple Chip Making Workers.