

Hubungan penggunaan backpack terhadap low back pain pada Mahasiswa Keperawatan = The correlation of using backpack for low back pack in Nursing Students

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Abstrak

[ABSTRAK

Prevalensi low back pain meningkat pada semua kalangan baik anak usia sekolah, remaja, mahasiswa, maupun para pekerja. Backpack menjadi salah satu penyebab terjadinya low back pain. Hal ini diakibatkan oleh kesalahan penggunaan backpack baik dari segi penyusunan barang-barang di dalam backpack, posisi, berat, cara membawa, dan pemilihan backpack. Penelitian ini bertujuan mengidentifikasi hubungan penggunaan backpack terhadap low back pain pada mahasiswa keperawatan. Desain Penelitian yang digunakan yaitu deskriptif korelatif dengan pendekatan cross-sectional. Instrumen yang digunakan adalah kuesioner dan lembar observasi. Dari 60 responden yang diambil dengan teknik purposive sampling, ada 5 responden yang drop out sehingga data yang lengkap berjumlah 55 buah. Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara penggunaan backpack dengan low back pain ($p=0.026$; 95%CI: 0,071-0,745). Durasi penggunaan backpack dalam sehari perlu dikaji kembali untuk mengetahui hasil yang lebih objektif. Keobjektifan diperoleh dengan mengetahui jarak yang ditempuh responden dalam membawa backpack.

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ABSTRACT

The prevalence of low back pain is being increased in all human circles start from school-age children, teens, college students, and workers. Backpack is one of the causes of low back pain. It is caused by misuse backpack start from the arrangement of goods in the backpack, the position of goods in the backpack, the weight of backpack, the way of carrying backpack, and the selection of backpack. The purpose of study is identifying the relationship of using backpack for low back pain in nursing students. The study uses design of descriptive correlative with a cross-sectional approach. It uses several instruments such as questionnaire and observation sheet. It collects 60 respondents with technique of purposive sampling, but there are 5 drop out respondents, so the study uses 55 complete data. The result of study shows that there is significant relationship between using backpack with low back pain ($p=0.026$; 95%CI: 0,071-0,745). There is a recommendation to reanalyze the daily duration of using backpack for getting more objective result. It can be more objective if calculate the distance of respondents in using backpack., The prevalence of low back pain is being increased in all human circles start from school-age children, teens, college students, and workers. Backpack is one of the causes of low back pain. It is caused by misuse backpack start from the arrangement of goods in the backpack, the position of goods in the backpack, the weight of backpack, the way of carrying backpack, and the selection of backpack. The purpose of study is identifying the relationship of using backpack for low back pain in nursing students. The study uses design of descriptive correlative with a cross-sectional approach. It uses several instruments such as questionnaire and observation sheet. It collects 60 respondents with technique of purposive sampling, but there are 5 drop out

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