

Duduk statis lama, relaksasi, dan indeks masa tubuh terhadap risiko nyeri pinggang bawah pada pekerja wanita percetakan pembuatan kaset video VHS di PT M Cikarang = Long static sitting, relaxation, and body mass index as risk factors contribute to low back pain among video cassette vhs women employees at PT M Cikarang

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Abstrak

Latar belakang :

Nyeri pinggang bawah (NPB) karena gangguan muskulo-skletal akibat kerja paling sering ditemukan. Faktor-faktor risiko yang dapat berkaitan dengan NPB antara lain lama duduk statis, relaksasi, indeks masa tubuh, dan factor-faktor lain. Oleh karena itu perlu dikaji faktor-faktor risiko yang turut berperan menimbulkan NPB.

Metode :

Desain penelitian adalah studi kasus-kontrol di pabrik percetakan pembuatan pita kaset video VHS PT M Cikarang. Kasus adalah subyek yang pernah atau sedang menderita NPB intermitten karena bekerja 3 bulan terakhir, nyeri tekan lokal, dan tes Laseque negatif. Kontrol adalah subyek yang tidak NPB sesuai dengan kriteria kasus. Kasus dan kontrol diidentifikasi melalui survei terhadap seluruh karyawan bagian produksi PT M pada bulan Februari-Maret 2003.

Hasil :

Subyek penelitian berjumlah 298 orang, yang menderita NPB 82 orang. Faktor-faktor risiko yang mempengaruhi timbulnya NPB adalah lama duduk statis, relaksasi, dan indeks masa tubuh. Bila dibandingkan dengan lama duduk statis 5-90 menit, maka lama duduk statis 91-300 menit berisiko NPB 2,35 kali lipat lebih besar {OR suaian (OR)=2,35; 95% Confidence Interval (CI)=1.35-4,11). Subyek yang tidak berkesempatan merelaksakan badan selama kerja (OR=2,39; 95% CI=1,00-5,70) dan indeks masa tubuh kurus (OR=2,20, 95% CI=1,21-4,00) terbukti meningkatkan risiko NPB. Faktor umur, paritas, olahraga, pekerjaan, dan sikap duduk tidak terbukti berkaitan dengan NPB.

Kesimpulan :

Lama duduk statis 91-300 menit, tidak relaksasi selama bekerja, dan indeks masa tubuh kurus terbukti memperbesar risiko NPB. Oleh karena itu perlu ada waktu relaksasi, pengurangan lama duduk, dan meningkatkan berat badan ke arah normal.

<hr><i>Back ground :

Low back pain (LBP) being caused by muscle-skeletal disorder is the most events in workers. Risk factors which contribute to LBP are such as long static silting, relaxation, body mass index, and other factors. Therefore it is needed to identify risk factors of low back pain.

Methods :

The research design was a case-control study at video cassette VHS PT M Cikarang. The case was subject who had story of intermittent LBP by working in last 3 months with local pain, and Laseque test negative. Control was subject without LBP as criteria as the case. Case and control were identified through as survey toward all production employees at PT M Cikarang during February to March 2003.

#### Results :

Subjects of this survey were 298 employees, 82 of them had LBP. The risk factors being related with LBP were static sitting, relaxation, and body mass index. Static sitting 5-90 minutes compared to 91-300 minutes, had higher risk of getting LBP for 2.35 times (Adjusted Odds Ratio (OR)=2.35; 95% Confidence Interval (CI)= 1.35-4.1). Those employees who had no relaxation while working (OR=2.39, 95% CI=1.00-5.70) and underweight (OR=2.20; 95% C1=0.05-0.97) also were identified as risk factors contributed to LBP. The other factors such as ages, parities, exercise, jobs, and posture of sitting were not proven to be correlation with LBP.

#### Conclusion :

Long static sitting 91-300 minutes, no relaxation during working, and underweight has been proven to increase the risk of LBP. It is recommended to have relaxation during working and decrease long static sitting, and also trying to make normal weight of employees.</i>