

ABSTRAK



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Elisabeth Dewi Kartika

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

HUBUNGAN MASA KERJA TERHADAP KELUHAN *LOW BACK PAIN* DAN *SHOULDER PAIN* PADA FISIOTERAPIS DI KOTA BANDUNG

Terdiri dari VI Bab, 99 Halaman, 10 Gambar, 6 Tabel, 3 Skema dan 9 Lampiran.

Tujuan: Mengetahui hubungan masa kerja terhadap keluhan LBP dan SP pada FT's di Kota Bandung. **Metode:** Penelitian bersifat deskriptif *kuantitatif* dengan jenis *cross sectional* teknik survei. Total sampel adalah 85 fisioterapis (perempuan $n=51$ dan laki-laki $n=34$) yang bekerja di area RS dengan masa kerja ≤ 10 tahun dan >10 tahun, dengan jam kerja >39 jam/minggu dan rata-rata jumlah pasien >5 pasien/hari. Sampel yang mengeluh LBP selanjutnya diukur menggunakan *modified ODI* sedangkan sampel yang mengeluhkan SP diukur menggunakan SPADI. **Hasil:** Uji hipotesis dengan *chi square* pada $\alpha=0,05$ menunjukkan pada uji hipotesis I didapatkan $p=0,533$ dengan $OR(IK95\%)=0,748(0,30-1,87)$ yang berarti tidak ada hubungan antara masa kerja fisioterapis dengan keluhan LBP. Uji hipotesis II didapatkan $p=0,026$ dengan $OR(IK95\%)=3,102(1,12-8,61)$ yang berarti ada hubungan yang signifikan antara masa kerja fisioterapis dengan keluhan SP. Fisioterapis dengan masa kerja >10 tahun berisiko 3.102 kali mengalami keluhan SP dibanding masa kerja ≤ 10 tahun. **Kesimpulan:** Tidak ada hubungan masa kerja fisioterapis terhadap keluhan LBP dan ada hubungan yang signifikan antara masa kerja fisioterapis terhadap keluhan SP.

Kata Kunci: Masa kerja, *Low Back Pain*, *Shoulder Pain*, Fisioterapis.

ABSTRACT



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Elisabeth Dewi Kartika

Bachelor Program in Physiotherapy

Faculty of Physiotherapy

Esa Unggul University

THE RELATION OF WORKING PERIOD TO COMPLAINTS OF LOW BACK PAIN AND SHOULDER PAIN ON PHYSIOTHERAPIS IN BANDUNG CITY

Consists of VI Chapters, 99 Pages, 10 Pictures, 6 Tables, 3 Schemes and 9 Attachments.

Objective: To determine the relationship between working tenure and complaints of LBP and SP on FT's in Bandung City. **Methods:** This research is a descriptive quantitative study with a cross sectional type of survey technique. The total sample was 85 physiotherapist (women $n = 51$ and men $n = 34$) who worked in the hospital area with a service life of ≤ 10 years and > 10 years, with working hours > 39 hours/week and the average number of patients > 5 patient/day. Samples who complained about LBP were then measured using modified ODI while samples complaining about SP were measured using SPADI. **Results:** Hypothesis testing with chi square at $\alpha = 0.05$ showed that the first hypothesis test was obtained $p = 0.533$ with OR (95% CI) = 0.748 (0.30-1.87), which means that there is no relationship between the physiotherapist's tenure and complaints. LBP. Hypothesis II test obtained $p = 0.026$ with OR (95% CI) = 3.102 (1.12-8.61) which means that there is a significant relationship between the physiotherapist tenure and complaints of SP. Physiotherapists with a service period of > 10 years had a risk of 3,102 times experiencing SP complaints compared to ten years of service. **Conclusion:** There is no relationship between the work period of the physiotherapist with complaints of LBP and there is a significant relationship between the work period of the physiotherapist on complaints of SP.

Keywords: Period of work, Low Back Pain, Shoulder Pain, Physiotherapist.