

ABSTRAK



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HUBUNGAN AKTIVITAS FISIK DENGAN KASUS *LOW BACK PAIN INSTABILITY*

Terdiri dari VI Bab, 41 Halaman, 9 Tabel, 5 Gambar, 3 Skema, 10 Lampiran

Tujuan: Untuk membuktikan adanya hubungan aktivitas fisik dengan kasus *low back pain instability*. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan tipe studi korelasi. Sampel dipilih menggunakan teknik *purposive sampling*. Sampel terdiri dari 60 orang pedagang di Pasar Kopro, Tanjung Duren Selatan, dimana aktivitas fisik diukur dengan *global physical activity questionnaire* (GPAQ) dan LBP *instability* diukur dengan *lumbar instability screening tool*. **Hasil:** Uji hipotesis dengan *chi square test*, didapatkan $p = < 0,001$ pada aktivitas fisik dan LBP *instability*. **Kesimpulan:** Terdapat hubungan yang signifikan antara aktivitas fisik dengan kasus LBP *instability* dimana semakin tinggi variabel aktivitas fisik, maka semakin tinggi nilai risiko LBP *instability*.

Kata Kunci: Aktivitas fisik, LBP *instability*, GPAQ, *Lumbar instability screening tool*

ABSTRACT



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CORRELATION OF PHYSICAL ACTIVITY WITH LOW BACK PAIN INSTABILITY CASE

Consists of VI Chapters, 41 Pages, 9 Tables, 5 Figures, 3 Schematics, 10 Appendices

Objective: To prove the relationship between physical activity and cases of low back pain instability. **Methods:** This research is descriptive quantitative with the type of correlation study. The sample was selected using purposive sampling technique. The sample consisted of 60 traders at Kopro Market, Tanjung Duren Selatan, where physical activity was measured by the global physical activity questionnaire (GPAQ) and LBP instability was measured by the lumbar instability screening tool. **Results:** Hypothesis testing with the chi square test, obtained $p = < 0.001$ on physical activity and LBP instability. **Conclusion:** There is a significant correlation between physical activity and cases of LBP instability where the higher the physical activity variable, the higher the risk value for LBP instability.

Keywords: Physical activity, LBP instability, GPAQ, Lumbar instability screening tool