

## ABSTRAK



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### **HUBUNGAN DURASI BERKENDARA TERHADAP KEJADIAN *NON-SPECIFIC LOW BACK PAIN* PADA PENGEMUDI OJEK *ONLINE* DI KOTA BEKASI**

Terdiri dari VI Bab, 63 Halaman, 5 Tabel, 5 Gambar, 3 Skema, 6 Lampiran

**Tujuan:** Untuk mengetahui hubungan antara durasi berkendara terhadap kejadian *non-specific low back pain* (NSLBP) pada pengemudi ojek *online* di Kota Bekasi.

**Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan desain *cross sectional*. Total sampel sebanyak 100 pengemudi ojek *online* di Kota Bekasi yang diperoleh dengan teknik *purposive sampling*. Data durasi berkendara dan kejadian NSLBP diperoleh dengan menggunakan kuesioner. **Hasil:** Uji hipotesis dengan uji *Fisher* diperoleh nilai  $p < 0,001$  ( $p < 0,05$ ) dengan OR = 17,25 yang artinya terdapat hubungan yang signifikan antara durasi berkendara dengan kejadian NSLBP dimana pengemudi dengan durasi berkendara 9-13 jam lebih memiliki risiko 17 kali lebih tinggi untuk mengalami kejadian NSLBP dibandingkan dengan durasi berkendara 4-8 jam. **Kesimpulan:** Terdapat hubungan yang signifikan antara durasi berkendara terhadap kejadian NSLBP.

**Kata Kunci:** Durasi berkendara, Ojek *online*, *Non-specific low back pain*, *Nordic questionnaire for low back pain*

## ABSTRACT



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### **THE RELATIONSHIP BETWEEN DRIVING DURATION TO NON-SPECIFIC LOW BACK PAIN IN ONLINE OJEK DRIVERS IN BEKASI CITY**

Consists of Chapter VI, 68 Pages, 5 Tables, 5 Figures, 3 Schematics, 6 Attachments

**Purpose:** To determine the relationship between driving duration and the incidence of non-specific low back pain (NSLBP) in online motorcycle taxi drivers in Bekasi City. **Methods:** This research is a quantitative descriptive study with a cross-sectional design. The total sample is 100 online motorcycle taxi drivers in Bekasi City obtained by purposive sampling technique. Data on driving duration and NSLBP events were obtained using a questionnaire. **Results:** Testing the hypothesis with Fisher's test obtained a value of  $p < 0.001$  ( $p < 0.05$ ) with OR = 17.25, which means that there is a significant relationship between driving duration and NSLBP events where drivers with driving duration of 9-13 hours are more at risk times higher to experience NSLBP events compared to driving duration of 4-8 hours. **Conclusion:** There is a significant relationship between driving duration and the incidence of NSLBP.

**Keywords:** Driving duration, online motorcycle taxi, non-specific low back pain, Nordic questionnaire for low back pain