

ABSTRAK



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HUBUNGAN POSISI DUDUK MENGEMUDI *NON* ERGONOMIS TERHADAP KEJADIAN *FORWARD HEAD POSTURE* PADA SOPIR ANGKOT DI TERMINAL GROGOL JAKARTA BARAT

Tujuan: Untuk mengetahui hubungan posisi duduk mengemudi *non* ergonomis terhadap kejadian *forward head posture* pada sopir angkot di Terminal Grogol Jakarta Barat. **Metode:** Jenis penelitian ini adalah penelitian observasional analitik dengan menggunakan pendekatan *cross sectional* dengan identifikasi *consecutive sampling* yang sampelnya adalah sopir angkot Jaklingko dengan jumlah 54 sampel. Pengukuran posisi duduk mengemudi menggunakan *RULA (Rapid Upper Limb Assessment)* dan pengukuran *forward head posture* dengan mencari nilai *CVA (Craniovertebral Angle)*. **Hasil:** Uji korelasi dengan uji *chi square* didapatkan hubungan yang bermakna dengan $p < 0,001$ dimana nilai $p < 0,05$, artinya terdapat hubungan yang signifikan antara posisi duduk mengemudi *non* ergonomis terhadap kejadian *forward head posture* pada sopir angkot. Pada penelitian ini dari 54 sampel sebagian besar pengemudi menderita *FHP* yaitu sebanyak 30 sampel (55,6%) dan sisanya memiliki kategori tidak *FHP* yaitu sebanyak 24 sampel (44,4%). **Kesimpulan:** Ada hubungan posisi duduk mengemudi *non* ergonomis terhadap kejadian *forward head posture* pada sopir angkot di Terminal Grogol Jakarta Barat.

Kata Kunci: Sopir Angkot, Posisi Duduk Mengemudi, *Forward Head Posture (FHP)*

ABSTRACT



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THE RELATIONSHIP BETWEEN NON ERGONOMIC DRIVING SEAT POSITION TO INCIDENCE FORWARD HEAD POSTURE OF CITY TRANSPORTATION DRIVERS AT GROGOL STATION WEST JAKARTA.

Objective: To determine the relationship between non ergonomic driving seat position to incidence forward head posture of city transportation driver at Grogol Station Jakarta Barat. **Method:** This type of research is an analytic observational study using a cross sectional approach with the identification of consecutive sampling, the sample being Jaklingko city transportation drivers with a total of 54 samples. Measurement of driving seat position using RULA (Rapid Upper Limb Assessment) and measurement of forward head posture by looking for CVA (Craniovertebral Angel) values. **Results:** The correlation test with the chi square test obtained a significant with $p < 0,001$ where the value of $p < 0.05$, meaning that there is a significant relationship between the non ergonomic driving seat position to incidence forward head posture of city transportation drivers. In this research, out of 54 samples, most of the drivers experienced FHP namely 30 samples (55,6%) and the rest were in the non-FHP category namely 24 samples (44,4%). **Conclusion:** There is a relationship between non ergonomic driving seat position to incidence forward head posture of city transportation drivers at Grogol Station West Jakarta.

Key words: City Transportation Drivers, Driving Seat Position, Forward Head Posture (FHP)