ABSTRAK

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HUBUNGAN POSISI DUDUK JANGGAL TERHADAP KELUHAN *LOW BACK PAIN* PADA MAHASISWA

Terdiri dari VI Bab, 55 Halaman, 16 Tabel, 21 Gambar, 3 Skema, 9 Lampiran

Tujuan: Untuk mengetahui hubungan posisi duduk janggal terhadap keluhan *low back pain* pada mahasiswa. **Metode:** Penelitian ini merupakan jenis penelitian analitik korelatif. Sampel terdiri dari 36 orang mahasiswa fisioterapi angkatan 2018 Universitas Esa Unggul dan dipilih berdasarkan *purposive sampling* yang sesuai dengan kriteria inklusi dan ekslusi, dimana posisi duduk janggal dinilai menggunakan *rapid entire body assessment* dan keluhan *low back pain* diukur menggunakan *numeric rating scale*. **Hasil:** Pada penelitian ini nilai rata-rata posisi duduk janggal yaitu 4,42, sedangkan nilai rata-rata keluhan *low back* pain yaitu 4,14. Hasil uji hipotesis dengan uji *Spearman rank* didapatkan $p = 0,047$ dimana $p < 0,05$ maka Ho ditolak, serta nilai $r = 0,333$. **Kesimpulan:** Terdapat hubungan yang bermakna antara posisi duduk janggal terhadap keluhan *low back pain* pada mahasiswa.

Kata Kunci: Posisi Duduk Janggal, *Low Back Pain*, REBA, *Numeric Rating Scale*

ABSTRACT

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CORRELATION BETWEEN AWKWARD SITTING POSITION ON COMPLAINTS OF LOW BACK PAIN IN COLLEGE STUDENTS

Consists of VI Chapter, 55 Pages, 16 Tables, 21 Images, 3 Scheme, 9 Appendix

Objective: To find out the correlation between awkward sitting position on complaints of low back pain in college students. **Methods:** This research is a type of correlative analytic research. The sample consisted of 36 physiotherapy students grade 2018 Esa Unggul University and was selected based on purposive sampling according to the inclusion and exclusion criteria, the awkward sitting positions were assessed using a rapid entire body assessment and complaints of low back pain were measured using a numeric rating scale. **Result:** In this study, mean of the awkward sitting position was 4,42, while mean of complaints of low back pain was 4,14. The results of hypothesis test with the Spearman rank test obtained $p=0,047$ where $p<0,05$ then Ho is rejected, and the value of $r=0,333$. **Conclusion:** There is a significant correlation between awkward sitting position on complaints of low back pain in college students.