

ABSTRAK



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HUBUNGAN AKTIVITAS OLAHRAGA TERHADAP KELUHAN *LOW BACK PAIN*

Terdiri dari VI Bab, 52 Halaman, 10 Tabel, 4 Gambar, 3 Skema, 8 Lampiran

Tujuan: Untuk mengetahui hubungan aktivitas olahraga terhadap keluhan *low back pain*. **Metode:** Penelitian ini merupakan jenis penelitian analitik korelatif. Sampel dalam penelitian terdiri dari 98 orang mahasiswa aktif Universitas Esa Unggul dengan kategori reguler yang dipilih berdasarkan *purposive sampling* dengan kriteria mengalami keluhan *low back pain*. Alat ukur yang digunakan berupa *baecke questionnaire* untuk mengukur aktivitas olahraga, dan *numeric rating scale* untuk mengukur keluhan *low back pain*. **Hasil:** Uji *chi square* didapatkan nilai $p < 0,001$ yang artinya terdapat hubungan yang signifikan antara aktivitas olahraga terhadap keluhan *low back pain*. Mahasiswa yang aktif berolahraga memiliki proporsi keluhan *low back pain* sebesar 70,4% (tidak nyeri-nyeri ringan) dan 29,6% (nyeri sedang-nyeri berat), sedangkan mahasiswa yang tidak aktif berolahraga memiliki proporsi keluhan *low back pain* 6,8% (tidak nyeri-nyeri ringan) dan 93,2% (nyeri sedang-nyeri berat). **Kesimpulan:** Terdapat hubungan yang signifikan antara aktivitas olahraga terhadap keluhan *low back pain*.

Kata Kunci: Aktivitas Olahraga, *Low Back Pain*, *Baecke questionnaire*, *Numeric Rating Scale*

ABSTRACT



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CORRELATION BETWEEN SPORTS ACTIVITY AND COMPLAINTS LOW BACK PAIN

Consists of VI Chapter, 52 Page, 10 Tables, 4 Images, 3 Schemes, 8 Appendix

Objective: *This study to find out the correlation between sports activity and complaints of low back pain. **Methods:** This study is a type of correlation analytic correlation. The sample in the study consisted of 98 active students at Esa Unggul University in the regular category who were selected based on purposive sampling with the criteria of experiencing complaints of low back pain. The measuring instruments used were the baecke questionnaire to measure sports activity, and numeric rating scale to measure complaints low back pain. **Result:** The chi square tests p value $<0,001$, which means there is a significant relationship between sports activity and complaints low back pain. Students who were active in sports had a proportion of low back pain complaints of 70,4% (no pain-mild pain) and 29,6% (moderate pain-severe pain), while students who were not active in sports had a proportion of low back pain complaints of 6,8% (no pain-mild pain) and 93,2% (moderate pain-severe pain). **Conclusion:** There is a significant correlation between sports activity and complaints of low back pain.*

Keyword: *Sports Activity, Low Back Pain, Baecke Questionnaire, Numeric Rating Scale*