



## ABSTRAK

SKRIPSI, Januari 2024

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### **HUBUNGAN BEBAN TAS PUNGGUNG TERHADAP KEJADIAN *LOW BACK PAIN MYOGENIC* PADA PELAJAR SMP NEGERI 2 SEPUTIH MATARAM KABUPATEN LAMPUNG TENGAH**

Terdiri dari VI Bab, 65 Halaman, 12 Tabel, 9 Gambar, 2 Diagram, 3 Skema, 9 Lampiran

**Tujuan:** Untuk mengetahui hubungan beban tas punggung terhadap kejadian *low back pain myogenic* pada pelajar SMP Negeri 2 Seputih Mataram Kabupaten Lampung Tengah. **Metode:** Penelitian ini merupakan penelitian dengan pendekatan kuantitatif dan jenis penelitian deskriptif korelasi. Total sampel sebanyak 32 orang yang diperoleh dengan teknik *purposive sampling*. Beban tas punggung diukur dengan timbangan digital dan *low back pain myogenic* dengan alat ukur kuesioner *modified oswerty disability index (MODI)* **Hasil:** uji normalitas dengan *Shapiro-wilk test* didapatkan data berdistribusi normal. Uji hipotesis menggunakan Pearson correlation, didapatkan nilai  $p < 0,000$  yang artinya nilai  $p$  signifikan dengan nilai  $r = 0,692^{**}$  artinya, kekuatan korelasi penelitian ini kuat. Tanda bintang (\*\*) artinya korelasi bernilai signifikan pada angka signifikansi sebesar 0,01. Angka koefisien korelasi pada hasil di atas adalah positif, sehingga hubungan tas punggung dengan *low back pain myogenic* bersifat searah, dengan demikian dapat diartikan bahwa semakin tinggi nilai berat tas punggung maka semakin tinggi nilai kejadian *low back pain myogenic* dan begitupun sebaliknya. **Kesimpulan:** Terdapat hubungan antara beban tas punggung terhadap kejadian *low back pain myogenic* pada pelajar SMP Negeri 2 Seputih Mataram Kabupaten Lampung Tengah.

**Kata Kunci:** Tas punggung, , *Low back pain myogenic*, Timbangan digital, *MODI*, Pelajar SMP.



## ABSTRACT

UNDERGRADUATE THESIS, January 2024

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### **THE RELATIONSHIP BETWEEN BACKPACK LOAD AND THE INCIDENCE OF MYOGENIC LOW BACK PAIN IN STUDENTS AT SMP NEGERI 2 SEPUTIH MATARAM CENTRAL LAMPUNG REGENCY**

Consists of VI Chapters, 65 Pages, 12 Tables, 9 Figures, 2 Diagrams, 3 Schematics, 9 Attachments

**Objective:** To determine the relationship between backpack load and the incidence of myogenic low back pain in students at SMP Negeri 2 Seputih Mataram, Central Lampung Regency. **Method:** This research is research with a quantitative approach and descriptive correlation research type. The total sample was 32 people obtained using purposive sampling technique. Backpack load was measured using digital scales and myogenic low back pain using a modified Oswerty Disability Index (MODI) questionnaire measuring instrument. **Results:** Normality test with the Shapiro-Wilk test showed that the data were normally distributed. Hypothesis testing using Pearson correlation, obtained a p value  $< 0.000$ , which means the p value is significant with a value of  $r = 0.692^{**}$ , meaning the strength of the correlation in this study is strong. An asterisk (\*\*) means that the correlation is significant at a significance figure of 0.01. The correlation coefficient number in the results above is positive, so the relationship between backpacks and myogenic low back pain is unidirectional, thus it can be interpreted that the higher the weight value of the backpack, the higher the incidence of myogenic low back pain and vice versa. **Conclusion:** There is a relationship between backpack load and the incidence of myogenic low back pain in students at SMP Negeri 2 Seputih Mataram, Central Lampung Regency.

**Keywords:** Backpack, , Low back pain myogenic, Digital scales, *MODI*, Junior high school student.