

# GAMBARAN RISIKO TINGKAT DISABILITAS AKIBAT NYERI PUNGGUNG BAWAH PADA KARYAWAN DI PERUSAHAAN LOGISTIK SITE J SURABAYA TAHUN 2023

Nurul Auliya

Program Studi Kesehatan Masyarakat, Fakultas Ilmu Ilmu Kesehatan,

Universitas Esa Unggul

nauliyaa55@gmail.com

## ABSTRAK

Gangguan *musculoskeletal* (MSD) merupakan penyakit yang identik disebabkan oleh pekerjaan. Salah satu gangguan musculoskeletal disorder ialah low back pain (LBP). Faktor penyebab terjadinya LBP ialah posisi tidak ergonomis ketika bekerja., usia pekerja, jenis kelamin dan pendidikan. Perusahaan logistik site J Surabaya merupakan perusahaan yang bergerak dibidang jasa penyimpanan produk serta pendistribusian barang dari customer J ke beberapa distributor dalam proses operational nya ditemukan beberapa karyawan melakukan tindakan tidak ergonomis selain itu banyak karyawan yang mengalami nyeri punggung bawah. akibat dari kondisi ini perusahaan mengalami kerugian. Penelitian ini dilakukan dengan tujuan untuk mengetahui gambaran risiko tingkat disabilitas akibat nyeri punggung bawah pada karyawan di perusahaan logistik site J Surabaya. Metode penelitian yang digunakan yaitu penelitian deskriptif univariat dengan mengambil data pada karyawan yang menderita keluhan nyeri punggung bawah dengan kuesioner ODI. Analisa data yang digunakan ialah crosstab. hasil dari kusioner didapatkan data untuk gambaran risiko tingkat disabilitas akibat nyeri punggung bawah pada karyawan di perusahaan logistik site J Surabaya tertinggi ada di kategori disabilitas sedang sebanyak 14 karyawan (63.6%). berdasarkan usia terbanyak di kategori  $\geq 30$  tahun dengan kategori disabilitas sedang sebanyak 61,9% (13 karyawan) dan 38,1% (8 karyawan) kategori cacat parah. Berdasarkan jenis kelamin tertinggi ada pada laki-laki dengan kategori disabilitas sedang 60% (12 orang), disabilitas berat 40% (8 orang) .

**Kata kunci:** Nyeri Punggung Bawah, NPB, Low back pain, LBP, ODI, Oswestry Low Back Pain Disability Questionnaire

## ABSTRACT

*Musculoskeletal disorders (MSD) are diseases that are identically caused by work. One of the musculoskeletal disorders is low back pain (LBP). Factors causing LBP are unergonomic working positions, worker's age, gender, and education. Site J logistics company Surabaya is a company that operates in the field of product storage services and distribution of goods from customer J to several distributors. In its operational process, several employees were found to be carrying out unergonomic actions, apart from that, many employees were experiencing lower back pain. As a result of this condition, the company suffered losses. This research was conducted to know the risk of disability due to lower back pain in employees at the logistics company site J Surabaya. The research method used is univariate descriptive research by taking data on employees who suffer from complaints of lower back pain using the ODI questionnaire. The data analysis used is crosstab. The results of the questionnaire obtained data to describe the risk of disability levels due to lower back pain among employees at the logistics company site J Surabaya, the highest being in the moderate disability category, 14 employees (63.6%). Based on age, most were in the  $> 30$  years category with 61.9% (13 employees) in the moderate disability category and 38.1% (8 employees) in the severe disability category. Based on gender, the highest is in men with moderate disability category 60% (12 people), severe disability 40% (8 people)*

**Keyword:** Nyeri Punggung Bawah, NPB, Low back pain, LBP, ODI, Oswestry Low Back Pain Disability Questionnaire