ABSTRACT

Low back pain is one of musculoskeletal disorder which occur as a result of doing heavy activity and unergonomic body posture or combination of both factor. The pain caused by low back pain will make worker to get tired quickly and increasing the risk of human error that can lead to accidents at work. The way of doing job that is done by construction workers was formed from their first day at work so it becomes a habit that is difficult to be changed in short period of time.

This study aims to analyze the influence from predisposing factors and reinforcing factors towards to customs risk of low back pain performed by formwork workers while doing their job at X apartment construction sites built by construction company XX located at MERR Surabaya 2015. This study uses an observational analytic design with cross – sectional method. The population in this study are 120 formwork workers, the sample is calculated using simple random sampling formula and obtained a total sample of 55 respondents. Data collection is done using questionnaire and observational check lists. Data predisposing variables studied were level of education, low back pain related knowledge, perception, respondent working period as a construction worker, respondent working period as a formwork workers at project apartment X building. Data reinforcing variables studied were behavior of a colleague and supervision. Data habits of respondents studied is the habits of lifting heavy weights off the floor with bent position.

The study result shows that 63,6% of respondents were employed in the productive age category and 58,2% of respondents were last educated in elementary school level. As many as 85,5% respondent had a good knowledge related to low back pain, but 74,5% respondent had a poor perception about the importance of ergonomically position. 65,5% of respondent already working as construction worker for more than 4 years and 67,3% of respondent had a habit of doing heavy lifting off the floor while in bent position. Regression test with bivariate method shows that perception (p = 0,018) and colleague behavior (p = 0,000) had significant affect to the risk of back pain habit. In multivariate regression test only unsafety behavior of colleague had affect to the habit of respondent job performance (p = 0,004).

Keyword: worker construction, risk of low back pain