

ABSTRACTION

Low Back Pain (LBP) is one of problem of pain in bone of back which is often happened by that its recurrence is attack feel the accute pain which can be expansive of at backside and also waist of under. To overcome the problem of pain in bone of waist needed by therapy in the form of good drug therapy of analgetik and also anti inflamation (medikamentosa) and physiotherapy in the form of modalitas physical. This research it done to know the regularity influence experience the physiotherapy to degradation feel the pain in bone of at patien LBP in RS PHC Surabaya.

As for this research type is analytic by using desain of research of cross sectional, bigly is sampel 35 responder. Subyek pulled from population by simple random sampling. Data collecting with the interview directly by using kuesioner. As for accurate variable cover the degdradation feel the pain in bone of patient of low back pain as variable cover the: frequensi regularity, regularity of time interval, and old follow the physiotherapy.

As for patient of a lot of in this research is woman, and feel the pain in bone of at waist of under which is at most experiencedof by the patientis having taken steps activity. To know the regularity influence experience the physiotherapy to degradation feel the pain in bone of patient LBP that is conducted by a statistical test of Chi-square, with the value $p = 0,000$ ($p < 0,05$) that is regularity of frequensi and regularity of time interval follow the physiotherapy have an effect on to degradation feel the pain in bone of waist of under. Old follow the physiotherapy got by value $p = 0,275$ ($p > 0,05$) that is there no old influence follow the physiotherapy to degradation feel the pain in bone.

Conclusion which can be pulled by there is influence of regularity of frequency and the time interval regularity, to degradation feel the pain in bone of patient LBP. Whille long term in follow the physiotherapy do not have an effect on to degradation feel the pain in bone. For the patient of low back pain suggested to follow the physiotherapy regularity and also.

Keyword: low back pain, frequency, time interval, long term, physiotherapy.

ABSTRAK

Low Back Pain (LBP) adalah salah satu masalah nyeri punggung yang sering terjadi yaitu kambuhnya serangan rasa sakit akut yang dapat menjalar pada bokong maupun pada pinggang bawah. Untuk mengatasi atau mengurangi rasa nyeri pada nyeri pinggang bawah diperlukan terapi baik medikamentosa maupun fisioterapi dalam bentuk modalitas fisik seperti SWD, TENS, USD, serta latihan otot. Penelitian ini dilakukan untuk mengetahui pengaruh keteraturan mengikuti fisioterapi terhadap penurunan rasa nyeri pada penderita Low Back Pain di RS. PHC Surabaya.

Adapun jenis penelitian ini adalah analitik dengan menggunakan desain penelitian cross sectional, dengan besar sampel 35 responden. Subyek ditarik dari populasi dengan cara simple random sampling. Pengumpulan data dengan cara wawancara secara langsung dengan kuesioner. Adapun variabel yang diteliti meliputi penurunan rasa nyeri penderita Low Back Pain sebagai variabel terikat dan variabel bebasnya meliputi: keteraturan frekuensi, keteraturan interval waktu, dan lama mengikuti fisioterapi.

Penderita pada penelitian ini terbanyak berjenis kelamin wanita dan sebagian besar merasakan nyeri setelah melakukan aktivitas. Untuk mengetahui pengaruh keteraturan menjalani fisioterapi terhadap penurunan rasa nyeri penderita LBP yaitu dilakukan uji statistik Chi-Square, dengan nilai $p = 0,000$ ($p < 0,05$) yaitu keteraturan frekuensi, keteraturan interval waktu sedangkan lama mengikuti fisioterapi didapatkan nilai $p = 0,275$ ($p > 0,05$).

Kesimpulan yang dapat ditarik adalah ada pengaruh keteraturan frekuensi, keteraturan interval waktu terhadap penurunan rasa nyeri penderita LBP, sedangkan lama mengikuti fisioterapi tidak ada pengaruhnya terhadap penurunan rasa nyeri pada penderita LBP. Untuk penderita low back pain dianjurkan mengikuti fisioterapi serta menghindari aktivitas yang dapat menimbulkan nyeri.

Kata kunci : low back pain, frekuensi, interval waktu, lama, fisioterapi.