

RINGKASAN

LOW BACK PAIN PADA PERAWAT RSUD DR.SOETOMO DAN FAKTOR-FAKTOR YANG MEMPENGARUHINYA

Oleh:

(Erwin Dyah N, Sho'im Hidayat, Noeroel Widajati)

Bagian Keselamatan dan Kesehatan Kerja FKM Universitas Airlangga Surabaya
Kampus C.Jln.Mulyorejo Surabaya, 60115.Telp. 031-5920948

Penelitian ini dilakukan karena menurut hasil penelitian dari banyak negara perawat merupakan tenaga kerja yang paling berisiko menderita LBP dan di tempat penelitian ini penelitian sejenis belum pernah dilakukan.

Disain penelitian ini adalah penelitian deskriptif. Untuk mengetahui hubungan antar variabel digunakan uji *chi square*. Populasi adalah seluruh tenaga keperawatan, meliputi perawat, bidan dan pekaya kesehatan yang berjumlah 257 orang. Sampel sejumlah 101 orang diambil secara *accidental*. Variabel penelitian ini meliputi usia, jenis kelamin, lama masa kerja, lama jam kerja sehari, jenis pekerjaan, pekerjaan lain yang dilakukan, status gizi dan keluhan LBP.

Hasil penelitian menunjukkan bahwa usia responden sebagian besar berada pada kisaran >45-50 tahun, jenis kelamin sebagian besar perempuan (69,3%), jenis pekerjaan sebagian besar perawat (63,4%). Hanya sebagian kecil responden yang melakukan pekerjaan lain (14%) selain perawat dan hanya 7% yang bekerja sebagai perawat di tempat lain. Lama masa kerja sebagian besar responden > 16-24 tahun (30,7%) dengan lama jam kerja sehari terbanyak 7 jam sehari (50,5%). Status Gizi responden sebagian besar normal (50,5%). Sebagian besar responden (44,6%) tidak biasa berolah raga dengan frekuensi terbanyak > 1-2 kali seminggu (35,6%). Olah raga yang dilakukan sebagian besar adalah olah raga yang mencegah LBP diantaranya senam (43,6%) dengan lama melakukan olah raga terbanyak adalah >45 menit (44,3%). Status Gizi responden sebagian besar normal (50,5%). Hanya 45,5% responden yang menderita LBP dibanding yang tidak (54,5%). Hubungan antar variabel seluruhnya tidak bermakna ($p>0,05$), namun ada kecenderungan semakin tua usia responden semakin sering

menderita LBP. Responden yang berolah raga cenderung lebih jarang menderita LBP. Semakin gemuk , semakin sering menderita LBP.

Berdasarkan hasil penelitian di atas , disarankan agar manajemen RSUD Dr.Soetomo mulai memperhatikan masalah LBP pada perawat dan merencanakan upaya pencegahannya melalui promosi kesehatan tentang pentingnya olah raga, status gizi normal dan cara mengangkat dan mengangkut yang benar dalam mencegah LBP.

Kata Kunci: LBP, perawat



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SUMMARY

Factors Related To Low Back Pain Among Nurses At Dr. Soetomo District Hospital –Surabaya

By:
(Erwin Dyah N, Sho'im Hidayat, Noeroel Widajati)

Departement of Occupational Health and Safety , Public Health School- Airlangga
University ,Surabaya – Indonesia
Kampus C.Jln.Mulyorejo Surabaya, 60115.Telp. 031-5920948

According to the previous research, prevalence of LBP on nurses is the highest among health workers and it is higher than industrial manufacture's workers and it had been proven in Korea, Japan and Taiwan. But in Indonesia , such research has never been done.

This research was conducted to know all the possible factors related to LBP on nurses in this hospital. Hopefully , the result can be used as reference for the management to determine the next policy to overcome the disease and if it is possible to prevent it. .

This was a descriptive research with 101 nurses as sample taken accidentally from 257 population of nurses. Variables of this research were age, sex, working period, daily working hours, kind of work (job type), other duty, nutritional status and LBP experience or complaint. Chi square test was used to know the correlation between independent variables and dependent variable (LBP) with 0,05 level of significance.

The result showed that most of the respondents were >45-50 years old, women (69,3%), had nurses job (63,4%). Only 14% of them had other jobs besides as nurses and only 7% of them also worked as nurses at other places. Most of them had working period > 16-24 years (30,7%) with daily working hours 7 hours(50,5%). Most of them were in the normal nutritional status (50,5%) and never did sport (44,6%) . Among them who did sport did it > 1-2 times weekly (35,6%). The most favorite sport was gymnastic (43,3%) and most of them did it >45 minute each time (44,3%). Among them , there were 45,5% respondents who had LBP complaints or experience.

Statistically , there was no correlation between all those variables and LBP ($p>0,05$) . But there was a tendency that the older they were the more frequent the LBP complaint was and those who did sport tend to have less frequent LBP complaint. The higher the Body Mass Index (over weight and obesity) was the higher the LBP complaint would be.

Based on the result above , it is recommended that the management of this hospital, especially the local management of Emergency Unit start concerning about LBP problems on their workers and planning to prevent it for the future. Health promotion, especially about the importance of sport activities, normal nutritional status and proper loading and lifting techniques during handling patients, to prevent BP should be more emphasized.

Key words: LBP , nurse

