

ABSTRAK

**PENGEMBANGAN MODEL PERILAKU ERGONOMI PERAWAT
DALAM PENCEGAHAN KEJADIAN *LOW BACK PAIN***

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Pendahuluan: Perawat telah diidentifikasi sebagai profesi yang paling beresiko mengalami *low back pain* (LBP). Perawat juga sering ditetapkan sebagai pekerjaan yang terpapar faktor resiko berkaitan dengan kendala ergonomi maka diperlukan model ergonomi yang dapat mencegah LBP. Tujuan penelitian ini adalah mengembangkan model perilaku ergonomi perawat dalam pencegahan kejadian *low back pain*.

Metode: Jenis penelitian *obsevasional study* dengan desain *cross sectional*. Sampel sebanyak 106 perawat pelaksana yang memiliki pengalaman kerja minimal 1 tahun pada bulan Februari 2019 di IRD RSUD Dr. Soetomo dengan menggunakan teknik *simple random sampling*. Variabel independen antara lain stimulus internal, stimulus eksternal, kognisi, dan konasi. Variabel Dependen adalah perilaku ergonomi. Pengumpulan data menggunakan kuesioner yang dimodifikasi oleh peneliti serta lembar observasi postur kerja. Analisis data menggunakan SEM PLS.

Hasil dan analisis: Terdapat hubungan stimulus internal terdiri dari usia, jenis kelamin, tingkat pendidikan, lama kerja ($t\text{-values}=8,858635$) dengan kognisi, stimulus eksternal terdiri dari pencahayaan, penghawaan, kebisingan ($t\text{-values}=3,564594$) dengan kognisi, kognisi terdiri dari pengalaman, pengetahuan, *self-efficacy*, emosi ($t\text{-values}=9,758750$) dengan konasi, konasi terdiri sikap terhadap ergonomi, norma subjektif, persepsi terhadap pengendalian ($t\text{-values}=6,434264$) dengan perilaku ergonomi dalam pencegahan *low back pain*.

Kesimpulan: Model perilaku perilaku ergonomi terbentuk dari stimulus internal dan stimulus eksternal yang berpengaruh terhadap kognisi, kognisi yang berpengaruh terhadap konasi, dan konasi yang menunjukkan pengaruh terhadap perilaku ergonomi. Model ini dapat diterapkan oleh perawat untuk mencegah kejadian *low back pain*.

Kata kunci: Ergonomi, Perilaku, *Low back pain*, Perawat

ABSTRACT

DEVELOPMENT MODEL OF NURSE ERGONOMIC BEHAVIOR IN PREVENTING PREVALENCE OF LOW BACK PAIN

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Introduction: Nurses have been identified as the profession most at risk of experiencing low back pain (LBP). Nurses are also often determined as jobs exposed to risk factors related to ergonomic constraints, so an ergonomic model is needed that can prevent LBP. The purpose of this study was to develop a nurse ergonomic behavior model in the prevention of low back pain.

Method: This type of research was an observational study with cross-sectional design. A sample of 106 associate nurses had at least 1-year work experience in February 2019 at IRD Dr. Soetomo by using a simple random sampling technique. Independent variables include internal stimulus, external stimulus, cognition, and conation. The dependent variable is ergonomic behavior. Data collection using a questionnaire that was modified by researchers as well as work posture observation sheets. Data analysis using SEM PLS.

Result and analysis: the result shows that there is a relationship between internal stimulus consisting of age, gender, education level, length of work (t-values = 8.858635) with cognition, external stimulus consists of lighting, breathing, noise (t-values = 3.564594) with cognition, cognition consists of experience, knowledge, self-efficacy, emotion (t-values = 9.758750) with conation, conation consisting of attitudes toward ergonomics, subjective norms, perceptions of control (t-values = 6.434264) with ergonomic behavior in prevention of low back pain.

Conclusion: Ergonomic behavior models are formed from internal stimuli and external stimuli that influence cognition, cognition that influences the conations, and conations that show the influence on nurse ergonomic behavior This model can be applied by nurses to prevent the prevalence of low back pain.

Keywords: Ergonomic, Behavior, Low back pain, Nurse