

## ABSTRAK

**Latar Belakang :** Kota Jambi 40,5% penyakit disebabkan oleh aktivitas kerja dan keluhan musculoskeletal termasuk 10 penyakit terbesar. Nyeri punggung bawah merupakan keluhan musculoskeletal yang sering diderita. Penelitian ini dilakukan untuk mengetahui hubungan antara postur kerja dan faktor individu dengan keluhan nyeri punggung bawah pada pekerja pembuatan batu bata kecamatan jambi selatan.

**Metode Penelitian :** Jenis penelitian dilakukan dengan menggunakan penelitian observasional dengan pendekatan cross sectional. Populasi pada penelitian ini adalah seluruh pekerja pada industri kecil pembuatan batu bata di Kecamatan Jambi Selatan Kota Jambi. Jumlah sampel adalah 66 pekerja yang diambil secara proportional random sampling dan diuji menggunakan uji *chi-square*

**Hasil** Pekerja yang mengalami postur kerja dengan nilai RULA  $\geq 7$  harus secepat mungkin menerapkan perubahan sebanyak 10 pekerja (15,2%), pekerja yang mengalami postur kerja dengan nilai RULA 5-6 harus melakukan penyelidikan dan perbaikan segera sebanyak 17 pekerja (25,8%), Pekerja yang memiliki postur kerja dengan nilai RULA 3-4 mungkin diperlukan perubahan sebanyak 21 pekerja (31,8%), Pekerja yang memiliki postur kerja dengan nilai RULA 1-2 postur kerja baik dan dapat diterima sebanyak 18 pekerja (27,3%). usia pekerja beresiko sebanyak 50 orang pekerja (75,8%) dan terdapat 17 orang (25,8%) memiliki IMT tidak normal dan beresiko. faktor- faktor yang berhubungan dengan nyeri punggung bawah yaitu postur kerja di peroleh p-value : 0,054(>0,05) , usia diperoleh p-value : 0,014(<0,05) dengan nilai PR : 2,240 (95%CI:1,059-4,738) dan IMT di peroleh p-value : 0,322(>0,05) dengan nilai PR : 1,237 (95%CI:0,835-1,826)

**Kesimpulan :** terdapat hubungan antara postur kerja, dan usia terhadap keluhan nyeri punggung bawah pada pekerja namun tidak ada hubungan yang bermakna antara IMT dengan keluhan nyeri punggung bawah pada pekerja pembuatan batu bata di Kecamatan Jambi Selatan.

**Kata Kunci :** Postur kerja, usia, IMT, RULA, Nyeri punggung bawah, Pekerja batu- bata

## ABSTRACT

**Background:** Jambi City 40.5% of diseases are caused by work activities and musculoskeletal complaints, including the 10 largest diseases. Low back pain is a musculoskeletal complaint that is often suffered. This study was conducted to determine the relationship between work posture and individual factors with complaints of low back pain in brick-making workers in the South Jambi District.

**Methods :** This type of research was an observational research with a cross sectional design. The population of this study were all workers in the small brick-making industry in South Jambi District, Jambi City. The number of samples was 66 workers who were taken by proportional random sampling. The data obtained were analyzed with the chi-square test.

**Results:**, Workers who experience work postures with a RULA value of 7 must implement changes as quickly as possible as many as 10 workers (15.2%), workers who experience work postures with a RULA value of 5-6 must carry out investigations and immediate improvements as many as 17 workers (25.8) , Workers who have a work posture with a RULA value of 3-4 may need a change of 21 workers (31.8%), Workers who have a work posture with a RULA value of 1-2 good work postures and can be accepted as many as 18 workers (27.3%). workers as many as 50 workers (75.8%) and 17 people (25 , 8%) have an abnormal BMI and are at risk. The factors associated with pain relief under work posture obtained p-value: 0.054 ( $>0.05$ ) with a PR value: 1.768 (95% CI: 0.961-3.253), age obtained p-value: 0.014 ( $< 0, 05$ ) with PR value: 2,240 (95% CI: 1,059-4,738) and BMI obtained p-value: 0,322 ( $>0,05$ ) with PR value: 1,237 (95% CI: 0835-1,826)

**Conclusion:** There were relationship between work posture and complaints of low back pain in workers, but there is no close relationship between BMI and complaints of low back pain in brick-making workers in The South Jambi District.

**Keywords:** Work Postur, BMI, RULA, Low Back Paint, Brick Workers