

ABSTRAK

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HUBUNGAN BEBAN KERJA TERHADAP KEJADIAN LOW BACK PAIN PADA PERAWAT LANSIA INDONESIA DI KOTA MIKI JEPANG

xiv + 92 halaman + 12 Tabel + 2 Gambar + 18 Lampiran

Latar Belakang: *Low back pain* (LBP) merupakan salah satu masalah muskuloskeletal yang sering dialami oleh tenaga kesehatan, khususnya perawat. Beban kerja yang tinggi, baik secara fisik maupun mental, dapat meningkatkan risiko terjadinya LBP. Perawat lansia Indonesia yang bekerja di luar negeri, seperti di Kota Miki, Jepang, menghadapi tantangan kerja yang memerlukan aktivitas fisik berulang yang tinggi.

Tujuan Penelitian: Mengetahui hubungan beban kerja terhadap kejadian *low back pain* pada perawat lansia Indonesia di Kota Miki Jepang.

Metode Penelitian: Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross sectional*. Sample berjumlah 42 Responden yang dipilih menggunakan teknik total sampling. Instrumen berupa kuesioner beban kerja dan kuesioner *The Pain and Distress Scale*. Uji validitas beban kerja 0,432-0,727 dan *The Pain and Distress Scale* 0,440-0,855. Uji reliabilitas Cronbach's Alpha beban kerja sebesar 0,902 dan *The Pain and Distress Scale* sebesar 0,936. Analisis data dilakukan dengan uji Rank Spearman. Uji etik dengan nomor: 52/EC-LPPM/UWHS/III-2025.

Hasil penelitian: Terdapat hubungan yang signifikan antara beban kerja dengan kejadian *low back pain* pada perawat lansia Indonesia di Kota Miki Jepang dengan hasil uji statistik *Rank Spearman* diperoleh $p\text{ value} = 0.000$ ($p\text{ value} \leq 0.05$) yang berarti H_a diterima dan H_0 ditolak, dan nilai $\rho = 0.562$ menunjukkan bahwa kekuatan hubungan sedang, arah hubungan positif dan hubungan searah.

Kesimpulan: Semakin tinggi beban kerja maka semakin tinggi kejadian *low back pain*.

Manfaat: Hasil penelitian ini diharapkan dapat memberikan kontribusi bagi pengembangan ilmu keperawatan, khususnya dalam bidang kesehatan kerja perawat, sebagai bahan pertimbangan dalam upaya pencegahan *low back pain* melalui pengelolaan beban kerja yang tepat.

Kata kunci: beban kerja, *low back pain*, perawat lansia, Indonesia, Jepang

Daftar Pustaka: 50 (2017-2025)

ABSTRACT

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***The Relationship Between Workload and the Incidence of Low Back Pain
Among Indonesian Elderly Nurses in Miki City, Japan***

xiv + 92 pages + 12 Tables + 2 Figures + 18 Appendices

Background: Low back pain (LBP) is one of the common musculoskeletal problems experienced by healthcare workers, especially nurses. High workloads, both physically and mentally, can increase the risk of LBP. Indonesian elderly nurses working abroad, such as in Miki City, Japan, face work demands that require frequent repetitive physical activity.

Objective: To determine the relationship between workload and the incidence of low back pain among Indonesian elderly nurses in Miki City, Japan.

Methods: This study employed a quantitative cross-sectional approach. The sample consisted of 42 respondents selected using total sampling. Instruments used were the workload questionnaire and The Pain and Distress Scale. The validity test for the workload questionnaire ranged from 0.432 to 0.727, and The Pain and Distress Scale ranged from 0.440 to 0.855. Reliability tests using Cronbach's Alpha resulted in 0.902 for workload and 0.936 for The Pain and Distress Scale. Data were analyzed using Spearman's rank correlation. Ethical approval was obtained under number 52/EC-LPPM/UWHS/III-2025.

Results: There was a significant relationship between workload and the incidence of low back pain among Indonesian elderly nurses in Miki City, Japan. The Spearman's rank test showed a $p\text{-value} = 0.000$ ($p \leq 0.05$), indicating that H_a was accepted and H_0 rejected. The correlation coefficient (ρ) = 0.562, demonstrating a moderate positive relationship.

Conclusion: The higher the workload, the higher the incidence of low back pain.

Implications: The findings of this study are expected to contribute to the development of nursing science, particularly in the field of occupational health, and serve as a reference for preventing low back pain through appropriate workload management.

Keywords: workload, low back pain, elderly nurses, Indonesia, Japan

References: 50 (2017–2025)