

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH MAKASSAR
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**“HUBUNGAN POSISI DUDUK PADA SAAT BELAJAR TERHADAP
KELUHAN LOW BACK PAIN PADA MAHASISWA FAKULTAS
KEDOKTERAN UNIVERSITAS MUHAMMADIYAH MAKASSAR
ANGKATAN 2022”**

ABSTRAK”

LATAR BELAKANG: Perguruan tinggi mempunyai tugas utama guna mempersiapkan karyawan yang mandiri, cerdas, dan bermoral. Untuk mencapai tujuan ini, perguruan tinggi harus menyediakan fasilitas yang mendukung kegiatan belajar dan menciptakan lingkungan belajar yang meningkatkan pengetahuan mahasiswa.

TUJUAN PENELITIAN: Meneliti korelasi postur duduk saat proses belajar dengan kejadian nyeri punggung bawah (LBP) di mahasiswa FK Unismuh Makassar angkatan 2022.

METODE: Riset ini memanfaatkan langkah Cross sectional. Langkah ini melibatkan pengukuran variable dependen dan independen hanya sekali, pada satu waktu, atau pengamatan sewaktu.

HASIL: Berdasarkan hasil analisis uji bivariat, H_0 ditolak dan H_1 diterima, menurut hasil analisis bivariat, dikareakan skor p value = $0,047 < 0,05$. Demikian, temuan analisa Chi Square Test memperlihatkan ada korelasi signifikan posisi duduk serta kasus nyeri punggung bawah. Low Back Pain (LBP) bisa ditimbulkan dari posisi duduk yang salah serta tidak ergonomis. Posisi duduk seperti duduk membungkuk menyebabkan kekuatan otot yang berlebihan serta berkepanjangan bisa menghambat aliran darah ke otot.

KESIMPULAN : Berlandaskan temuan riset didapatkan mahasiswa FK Unismuh Angkatan 2022 mayoritas mengalami gejala low back pain kategori ringan.

KATA KUNCI : Low Back Pain

**FACULTY OF MEDICINE AND HEALTH SCIENCES
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Thesis, February 22 2024**

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“THE RELATIONSHIP OF SITTING POSITION WHEN STUDYING TO COMPLAINTS OF LOW BACK PAIN IN STUDENTS OF THE FACULTY OF MEDICINE, MUHAMMADIYAH MAKASSAR UNIVERSITY, CLASS OF 2022”

ABSTRACT

BACKGROUND: Universities have the main task of preparing employees who are independent, intelligent and moral. To achieve this goal, universities must provide facilities that support learning activities and create a learning environment that increases students' knowledge.

RESEARCH OBJECTIVE: Examining the correlation between sitting posture during the learning process and the incidence of lower back pain (LBP) in FK Unismuh Makassar students class of 2022.

METHOD: This research utilizes cross sectional measures. This step involves measuring the dependent and independent variables only once, at a time, or observing at any time.

RESULTS : Based on the results of the bivariate test analysis, H₀ was rejected and H₁ was accepted, according to the results of the bivariate analysis, the score was $p \text{ value} = 0.047 < 0.05$. Thus, the findings of the Chi Square Test analysis show that there is a significant correlation between sitting position and cases of lower back pain. Low Back Pain (LBP) can be caused by sitting in the wrong and unergonomic position. Sitting positions such as hunched over cause excessive and prolonged muscle strength which can inhibit blood flow to the muscles.

CONCLUSION: Based on research findings, it was found that the majority of FK Unismuh Class of 2022 students experienced mild symptoms of low back pain.

KEYWORDS: Low Back Pain.