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***“THE RELATIONSHIP BETWEEN SITTING POSITION WHILE WORKING  
AND SYMPTOMPS OF NECK PAIN IN OFFICE WORKERS”***

**ABSTRACT**

**Background:** Many office workers spend long time in a sitting position, often without regard to the principle of ergonomics. The use of inappropriate work equipment can trigger work-related Musculoskeletal Disorders (WRMSDs), including neck pain caused by unsolonic posture. Sit in a static position in a long time, especially when working, is often done without regard to the correct posture. The egoonomic sitting position can cause muscle tension, fatigue, and reduced endurance in activity. If not payed, the problematic inconsideration can cause neck pain due to repeated muscle usage and lack of support of the upper body. Neck pain becomes the most common musculoskeletal complaints after the lower back pain. The Burden of Disease Global study puts it in the 21st rank in the overall and fourth disease burden in terms of disability. The global prevalence ranged from 20% to 60%, while in Indonesia, about 16.6% of adults had neck pain.

**Objective:** To find out the relationship between sitting positions working on the symptoms of neck pain in office workers.

**Method:** The study employed observational methods with cross-sectional design.

**Result:** The results of this study indicate that there is no line-to-seat relationship working on the symptoms of neck pain in office workers.

**Conclusion:** There is no correlation between the position of sitting while working on the symptoms of neck pain in office workers.

**Key Words:** Sitting position, symptoms of neck pain