



UNIVERSITAS ANDALAS

**ANALISIS FAKTOR-FAKTOR KELUHAN *LOW BACK PAIN*
PADA MEKANIK *SERVICE* MOTOR HONDA
DI PT HAYATI PRATAMA MANDIRI
KOTA PADANG TAHUN 2025**

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FAKULTAS KESEHATAN MASYARAKAT

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x + 80 halaman, 16 tabel, 7 gambar, 11 lampiran

ABSTRAK

Tujuan Penelitian

World Health Organization (2020) melaporkan 619 juta kasus *low back pain* (LBP) di seluruh dunia, diproyeksikan menjadi 843 juta pada 2050. Di Indonesia 7,6% - 37% pekerjaan berisiko tinggi LBP. Penelitian ini bertujuan untuk mengetahui faktor-faktor keluhan LBP pada mekanik *service* motor Honda di PT Hayati Pratama Mandiri di Kota Padang.

Metode

Penelitian kuantitatif dengan desain *cross sectional*, dilakukan bulan Maret-Juli 2025. Populasinya mekanik *service* motor Honda PT Hayati Pratama mandiri sebanyak 51 orang. Sampel menggunakan teknik *total sampling*. Postur kerja menggunakan metode REBA, masa kerja, lama kerja, dan keluhan LBP melalui wawancara dan kuisioner, dan beban kerja menggunakan *Fingertip Pulse Oxymetry*, dianalisis secara univariat dan bivariat.

Hasil

Hasil analisis univariat, keluhan LBP 27,5%, masa kerja <4 tahun 64,7%, lama kerja >7 jam per hari 96,1%, beban kerja tinggi 29,4%, dan postur kerja tidak ergonomis 70,6%. Faktor yang berhubungan dengan keluhan LBP, masa kerja (*p-value*= 0,008), beban kerja (*p-value*=0,001), dan postur kerja (*p-value*= 0,032). Faktor yang tidak berhubungan dengan keluhan LBP yaitu lama kerja (*p-value*=0,375).

Kesimpulan

Masa kerja, beban kerja, dan postur kerja memiliki hubungan signifikan dengan keluhan LBP. Diharapkan perusahaan dapat menyelenggarakan pelatihan terkait beban kerja, postur kerja, peningkatan pengetahuan dan pencegahan LBP, menyediakan fasilitas kerja ergonomis.

Daftar Pustaka : 76 (1992-2025)

Kata Kunci : Keluhan, *Low Back Pain*, mekanik *service* motor

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**ANALYSIS OF FACTORS LOW BACK PAIN ISSUES AT HONDA
MOTORCYCLE SERVICE MECHANIC PT HAYATI PRAMATA MANDIRI
PADANG CITY IN 2025**

x + 80 pages, 16 tables, 7 figures, 11 appendices

ABSTRACT

Objective

World Health Organization (2020) reported 619 million cases low back pain (LBP) worldwide, the number is projected to increase to 843 million by 2050. In Indonesia, 7.6% - 37% of jobs are at high risk of LBP. This study aims to determine the factors that contribute to LBP complaints on mechanics service Honda motorcycles at PT Hayati Pratama Mandiri in Padang City.

Method

Quantitative research with design cross sectional, conducted in March-July 2025. The population is mechanical service Honda motorcycles owned by PT Hayati Pratama Mandiri totaling 51 people. The sample used the technique total sampling. Work posture using the REBA method, work period, length of work, and LBP symptom through interviews and questionnaires, and workload using Fingertip Pulse Oxymetry, analyzed univariately and bivariately.

Results

The results of the univariate analysis showed that LBP symptom were 27.5%. Work period <4 years 64.7%, work duration >7 hours per day 96.1%, high workload 29.4%, and non-ergonomic work posture 70.6%. Factors associated with LBP symptom were work period (p-value= 0.008), workload (p-value=0.001), and work posture (p-value= 0.032). Factors that are not related to LBP symptom are length of work (p-value=0,375).

Conclusion

Length of service, workload, and work posture are significantly associated with LBP symptoms. Companies are expected to provide training related to workload, work posture, knowledge enhancement, and LBP prevention, as well as provide ergonomic work facilities.

Bibliography : 76 (1992-2025)

Keywords : Symptom, Low Back Pain, mechanic service motorcycles