

## ABSTRAK

Selama pembelajaran daring mahasiswa selalu berhadapan dengan laptop atau *handphone* yang dapat membahayakan kesehatan mahasiswa. Posisi duduk yang salah dan lama duduk di depan laptop atau *handphone* menyebabkan keluhan muskuloskeletal seperti nyeri leher, punggung bawah dan gangguan fisik lainnya yang dapat mengganggu konsentrasi saat belajar. Posisi duduk buruk menyebabkan tegangnya otot dan keregangan ligamentum tulang belakang, lama duduk menyebabkan beban berlebihan dan kerusakan jaringan sehingga menimbulkan nyeri punggung bawah. Tujuan penelitian untuk mengetahui hubungan posisi dan lama duduk dengan keluhan nyeri punggung bawah saat pembelajaran daring pada mahasiswa Fakultas Keperawatan di Universitas Bhakti Kencana.

Metode penelitian deskriptif korelatif dengan pendekatan *cross sectional*. Populasi sebanyak 878 mahasiswa Fakultas Keperawatan. Pengambilan sampel teknik *Proportionate Stratified Random Sampling* sebanyak 90 mahasiswa. Instrumen penelitian menggunakan kuesioner *Q-BAPHYP* dan *The Pain and Distress Scale*. Analisis Univariat penelitian menggunakan posisi dan lama duduk serta analisis Bivariat penelitian menggunakan *chi-square*.

Hasil penelitian menunjukkan mahasiswa memiliki posisi duduk buruk (50.0%), lama duduk beresiko (72.2%), dan keluhan nyeri punggung bawah (58.9%). Sehingga dapat dikatakan terdapat hubungan signifikan antara posisi duduk dan keluhan nyeri punggung bawah nilai *P-Value* sebesar  $0.003 < \alpha = 0.05$ . Tidak terdapat hubungan signifikan antara lama duduk dan keluhan nyeri punggung bawah nilai *P-Value* sebesar  $0.193 > \alpha = 0.05$ .

Kesimpulan penelitian terdapat hubungan signifikan antara posisi duduk dan keluhan nyeri punggung bawah, tetapi tidak terdapat hubungan yang signifikan antara lama duduk dan keluhan nyeri punggung bawah pada mahasiswa Fakultas Keperawatan. Saran bagi mahasiswa diharapkan menghindari posisi duduk yang buruk dan lama duduk berlebih, mahasiswa pun perlu waktu untuk merileksasikan badan agar tidak terjadi nyeri punggung bawah.

Kata kunci: Lama duduk, Nyeri Punggung Bawah, Pembelajaran daring. Posisi duduk,

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## **ABSTRACT**

*During online learning students are always dealing with laptops or cellphones that can endanger student health. Incorrect sitting position and prolonged sitting in front of a laptop or mobile phone can cause musculoskeletal complaints such as neck pain, lower back pain and other physical problems that can interfere with concentration while studying. Bad sitting position causes tension in the muscles and stretching the spinal ligaments, prolonged sitting causes excessive loads and tissue damage, causing low back pain. The aim of the study was to determine the relationship between position and sitting duration with complaints of low back pain during online learning among students of the Faculty of Nursing at Bhakti Kencana University.*

*The research method used is descriptive correlation with cross sectional approach. The population is 878 students of the Faculty of Nursing. Sampling technique of Proportionate Stratified Random Sampling as many as 90 students. The research instrument used the Q-BAPHYP questionnaire and The Pain and Distress Scale. Univariate analysis of the study used the position and length of sitting and Bivariate analysis of the study used chi-square.*

*The results showed that students had a bad sitting position (50.0%), long sitting at risk (72.2%), and complaints of low back pain (58.9%). Therefore it can be said that there is a significant relationship between sitting position and complaints of low back pain, the P-Value value is  $0.003 < = 0.05$ . There is no significant relationship between length of sitting and complaints of low back pain, P-Value value of  $0.193 > = 0.05$ .*

*The conclusion of the study is that there is a significant relationship between sitting position and complaints of low back pain, but there is no significant relationship between length of sitting and complaints of low back pain in students of the Faculty of Nursing. Suggestions for students are expected to avoid a bad sitting position and excessive sitting time, students also need time to relax the body therefore lower back pain does not occur.*

*Keywords: Length of sitting, Lower Back Pain, Online learning, Sitting position*

*Bibliography: 8 Books (2016-2021)*

*11 Journals (2016-2021)*

*10 Thesis (2017-2020)*