

## INTISARI

Pekerja kuli gendong dengan pekerjaan yang berat, tetapi penghasilan tidak setimpal dengan pekerjaan yang sudah dilakukan. Nyeri tulang belakang merupakan masalah kesehatan yang nantinya akan sering mereka hadapi dalam pekerjaan mereka sehari-hari. Tujuan penelitian adalah untuk mengetahui tingkat nyeri tulang yang diderita kuli gendong dan mengkaji penatalaksanaan nyeri tulang belakang.

Penelitian ini adalah penelitian deskriptif analitik dengan pendekatan *crosssectional* dan dianalisis menggunakan regresi linear berganda. Penelitian dilakukan di Pasar Buah Gemah Ripah Gamping, Patukan Ambarketawang, Sleman Yogyakarta.

Hasil penelitian didapatkan  $\alpha = 0,02$  berarti beban kerja berpengaruh terhadap nyeri tulang belakang pada kuli gendong di Pasar Buah Gemah Ripah Gamping. Yang mengangkat beban berat mempunyai resiko *low back pain* lebih tinggi daripada yang ringan (6,78) dan umur yang lebih tua lebih resiko *low back pain* daripada yang lebih muda (36,75).

Jadi, semakin besar beban yang diangkat maka resiko menderita *low back pain* akan semakin tinggi dan selain itu faktor umur juga berpengaruh.

**Kata kunci :** *low back pain*, kuli gendong.

## ABSTRACT

A porter has heavy work, but his income is not suitable to his work done. It has clinical problem, that is back pain. Back pain is health problem that later will often face in their daily work. The aim in this research is to know the low back pain suffered level for porter and how the management study of low back pain

This research is descriptive analytic research with crosssectional approach. Research is held in Gemah Ripah Fruit Market Gamping, located at Village Patukan Ambarketawang, subdistrict Gamping, regency Sleman, Yogyakarta. This research used questionnaire in collecting data. Some porters filled questionnaire helped by researcher. The data analytic is double linear regression.

The result in this research is  $\alpha = 0,02$  that means are heavy load have effect of low back pain for porter in Gemah Ripah Fruit Market Gamping. A heavy load is have high effect than light in weight ( 6,78 ), and the olders have high effect than youngsters ( 36,75 ):

The conclusion is more heavy load to lift so the low back pain risk will higher and age factor can influenced too.

**Key word : low back pain, a porter**