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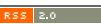
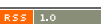


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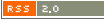
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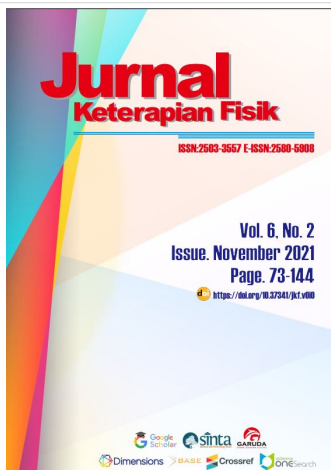
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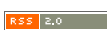


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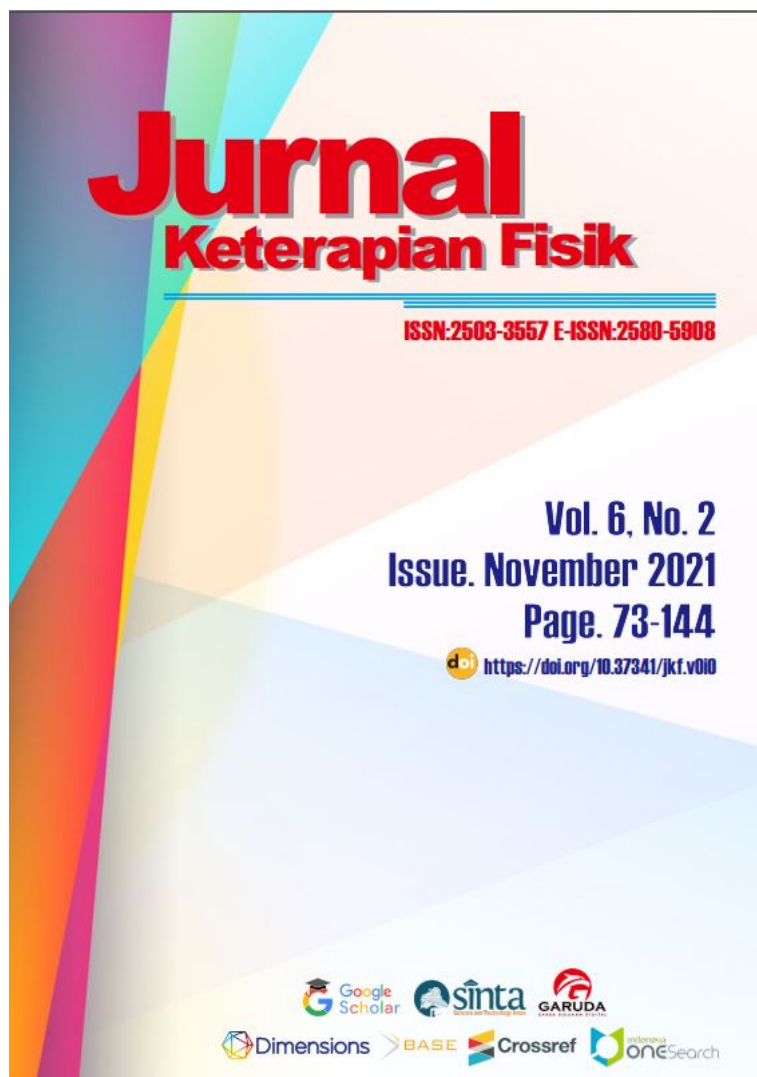
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Individual Factors Influence Incidence Of Low Back Pain In Batik Craftsman


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Keywords:

individual factors, low back pain, batik craftsmen, sokaraja, banyumas

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Prima Maharani Putri

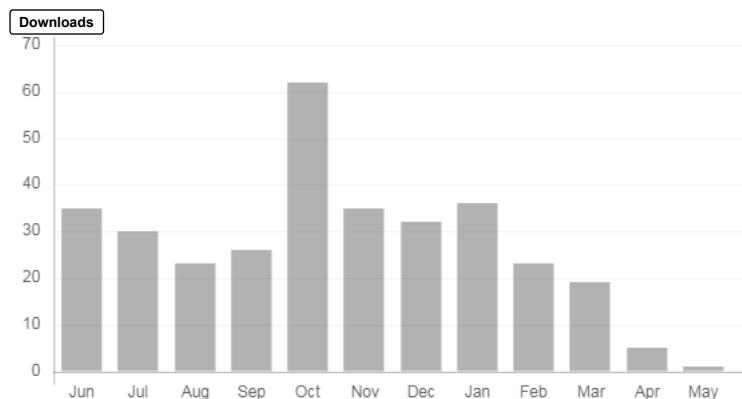
Abstract

Background: The incidence of low back pain in Indonesia is still relatively high with an injury prevalence of 6.5%. One of the contributor of the high incidence rate is caused by occupational factors such as works that are repetitive in nature, that imposes forced power, and static work. One of the job that poses this risk is batik craftsmen. It is estimated that there are 15.000 batik craftsmen who are actively working in Central Java Province. The aim of study was to determine association between individual factors and incidence of low back pain in batik craftsman.

Methods: This study is a quantitative study with cross-sectional design, conducted in February 2021 in Central Sokaraja Village. Sample collection was carried out with total sampling method with a total sample of 60 respondents. Data analysis technique used in this study was Chi square test

Results: The result of Chi square test showed that there is a significant association between work period and low back pain ($p=0.001$), there is a significant association between sitting duration and low back pain ($p=0.028$), there is a significant association between work load and low back pain ($p=0.002$), there is no significant association between gender and low back pain ($p=0.081$), there is no significant association between age and low back pain ($p=0.632$), and there is no significant association between body mass index and low back pain ($p=0.807$). From multivariate analysis, it was found that there is a significant association between work period and low back pain ($p=0.026$).

Conclusion: There is a significant association between work period, sitting duration, and work load with low back pain, while there is no significant association between age, gender and body mass index (BMI) with low back pain.



HOW TO CITE

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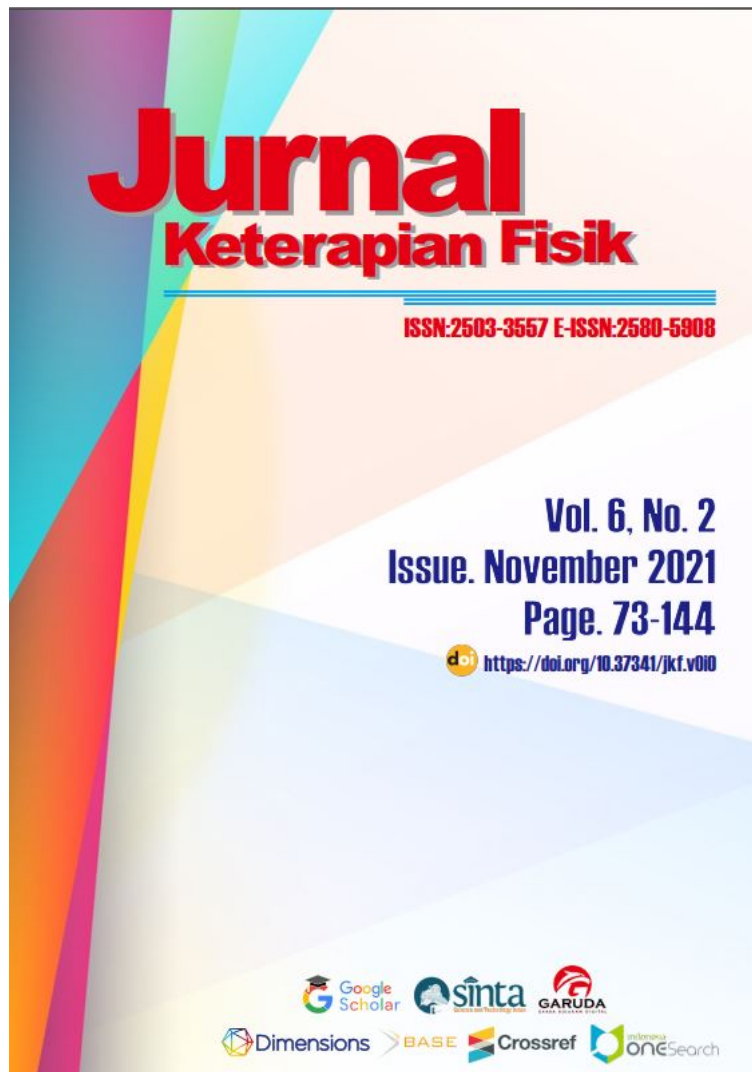
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DOI: <https://doi.org/10.37341/jkf.v0i0.285> (<https://doi.org/10.37341/jkf.v0i0.285>)**Keywords:**

deep cervical muscle exercise, non-specific neck pain, soft tissue mobilization, ultrasound therapy

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I Made Niko Winaya

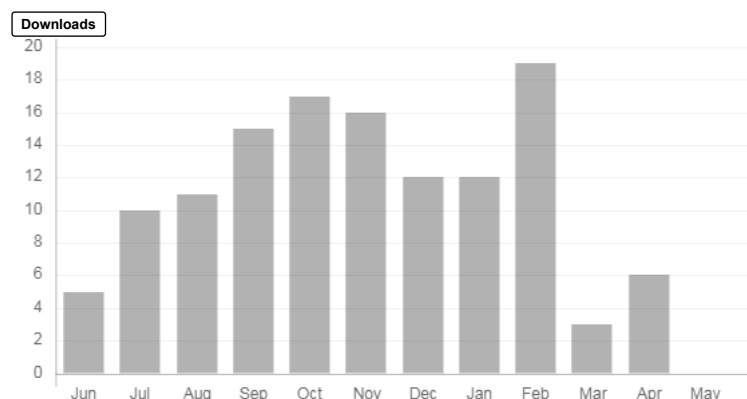
Abstract

Background: Neck pain is a common health problem in the working population. When studied by the International Classification of Functioning, Disability and Health (ICF), the problems that arise in non-specific neck pain include: neck pain, limited joint motion, and decreased functional ability in carrying out daily activities. The aim of this study was to compare the effectiveness of combination ultrasound therapy (UST) and deep cervical muscle exercise (DCME) versus combination ultrasound therapy (UST) and soft tissue mobilization (STM) on non-specific neck pain.

Methods: This research was experimental with a randomized pre-test and post-test control group design, in which the study participants were divided into two groups randomly. The study participants were 20 people who were divided into the control group ($n = 10$) who were given the combined intervention of UST and DCME while the treatment group ($n = 10$) were given the combined intervention of UST and STM. Therapeutic evaluation measurement tools include: pain scale in the form of numeric rating scale and neck disability in the form of neck disability index. The research was carried out in the independent physiotherapy practice in Denpasar and Badung. The intervention was given 3 times in 3 weeks.

Results: The results showed a decrease in neck pain and disability in each intervention group ($p < 0.05$). However, there were no significant differences when compared between groups.

Conclusion: Based on these results, it can be concluded that the combination of UST and DCME has the same results as the combination of UST and STM in reducing neck pain and disability in non-specific neck pain.



HOW TO CITE

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