

# PENGARUH *BACK EXERCISE* TERHADAP PENURUNAN NYERI PUNGGUNG BAWAH PADA BURUH GENDONG DI PASAR BERINGHARJO YOGYAKARTA

Inggita Melia Putri<sup>1</sup>, Rosa Delima Ekwantini<sup>2</sup>, Sari Candra Dewi<sup>3</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta  
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293  
Email: [meliainggita1@gmail.com](mailto:meliainggita1@gmail.com)

## ABSTRAK

**Latar Belakang:** Buruh gendong di Pasar Beringharjo Yogyakarta bekerja menggunakan jari untuk mengangkat beban di punggung. Dimana 28 dari 35 buruh gendong mengeluhkan nyeri punggung bawah setelah mengangkat beban. Buruh gendong belum pernah mendapatkan perhatian mengenai kesehatan kerja, khususnya risiko akibat kerja yang mengakibatkan nyeri punggung bawah. Salah satu jenis terapi *non farmakologis* yang bisa digunakan adalah *back exercise*. *Back exercise* merupakan latihan peregangan yang dikenal cukup efektif dalam mengurangi nyeri punggung bawah. *Back exercise* dirancang untuk memperkuat otot-otot yang memfleksikan *lumbo sacral spine* terutama otot abdominal, otot *gluteus maximus*, dan meregangkan ekstensor punggung bawah.

**Tujuan:** Mengetahui pengaruh dari *back exercise* terhadap penurunan nyeri punggung bawah pada buruh gendong di Pasar Beringharjo Yogyakarta.

**Metode:** Jenis penelitian *quasi experimental* dengan desain penelitian *non equivalent control group design*. Penelitian dilakukan pada buruh gendong wanita sejumlah 74 pada masing-masing kelompok. Pengambilan responden dengan teknik *purposive sampling*. Pada kelompok perlakuan diberikan *back exercise*. Pada kelompok kontrol menggunakan minyak gosok dan koyo. Responden akan dilakukan pengukuran nyeri punggung bawah sebelum dan sesudah kuesioner *the pain and distress scale*. Pengumpulan data dilakukan pada bulan Februari – Maret 2022.

**Hasil:** Hasil pengumpulan data diolah menggunakan uji *paired sample t-test* dan uji *independent t-test*. Hasil uji *paired sample t-test* pada kelompok perlakuan didapatkan  $p=0,000$  ( $p<0,05$ ) dan pada kelompok kontrol didapatkan  $p=0,000$ . Pada uji *independent t-test* didapatkan  $p=0,00$  ( $p<0,05$ ), sehingga  $H_0$  diterima.

**Kesimpulan:** Pemberian intervensi *back exercise* berpengaruh terhadap penurunan nyeri punggung bawah pada buruh gendong di Pasar Beringharjo Yogyakarta.

**Kata kunci :** Nyeri Punggung Bawah, *Back Exercise*, Buruh Gendong

<sup>1)</sup> Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

<sup>2,3)</sup> Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

# THE EFFECT OF BACK EXERCISE ON THE REDUCTION OF LOWER BACK PAIN IN CARRYING WORKERS AT BERINGHARJO MARKET YOGYAKARTA

Inggita Melia Putri<sup>1</sup>, Rosa Delima Ekwantini<sup>2</sup>, Sari Candra Dewi<sup>3</sup>  
Department of Nursing Poltekkes Ministry of Health Yogyakarta  
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293  
Email: [meliainggita1@gmail.com](mailto:meliainggita1@gmail.com)

## ABSTRAC

**Background:** Carrying workers at Beringharjo Market, Yogyakarta, work using fingers to carry loads on their backs. Where 28 out of 35 carrying workers complained of lower back pain after lifting weights. Carrying workers have never received attention about occupational health, especially the risks due to work that result in low back pain. One type of *non-pharmacological* that can be used is *back exercise*. *Back exercise* is a stretching exercise that is known to be quite effective in reducing low back pain. Back exercise is designed to strengthen the muscles that flex the *lumbo sacral spine*, especially the abdominal muscles, the *gluteus maximus*, and stretch the lower back extensors.

**Objectives:** To determine the effect of *back exercise* on reducing low back pain in carrying workers at Beringharjo Market, Yogyakarta..

**Methods:** This type of research is *quasi-experimental* with a *non-equivalent control group design*. The study was conducted on 74 female carrying workers in each group. Respondents were *purposive sampling technique*. The treatment group was given *back exercise*. In the control group using rubbing oil and patches. Respondents will be measured low back pain before and after *the pain and distress scale*. Data collection was carried out in February – March 2022.

**Results:** The results of data collection were processed using *paired sample t-test* and *independent t-test*. Results *paired sample t-test* in the treatment group obtained  $p = 0.000$  ( $p < 0.05$ ) and in the control group obtained  $p = 0.000$ . In the *independent t-test* obtained  $p = 0.00$  ( $p < 0.05$ ), so the  $H_a$  is accepted.

**Conclusion:** Giving *back exercise* has an effect on reducing low back pain in carrying workers at Beringharjo Market, Yogyakarta.

**Keywords:** *Back Exercise, low back pain, Carrying Workers*

<sup>1)</sup> Student Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta

<sup>2,3)</sup> Lecturer Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta