

## Perbedaan tingkat pengetahuan dan perilaku mencegah nyeri punggung (NPB) pada mahasiswa keperawatan = Difference of knowledge and behavior to prevent Low Back Pain (LBP) in nursing students

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### Abstrak

Prevalensi nyeri punggung bawah (NPB) dapat terjadi pada semua kelompok usia termasuk tenaga kesehatan maupun calon tenaga kesehatan. Tenaga kesehatan yang memiliki prevalensi NPB cukup tinggi di antaranya perawat maupun mahasiswa keperawatan. Mahasiswa Keperawatan sebagai calon perawat juga rentan mengalami keluhan NPB yang dapat diakibatkan oleh berbagai faktor seperti pengetahuan dan perilaku untuk mencegah NPB. Penelitian ini bertujuan untuk mengidentifikasi perbedaan pengetahuan dan perilaku mencegah NPB pada mahasiswa keperawatan. Desain penelitian menggunakan desain deskriptif dan analitik dengan teknik stratified random sampling menggunakan Uji Kruskal Wallis dan Uji Mann Whitney dengan jumlah sampel sebesar 284 orang. Hasil penelitian ini menggambarkan ada perbedaan pengetahuan tentang NPB ( $p = 0,001$ ,  $\&\#945;=0,05$ ) dan ada perbedaan perilaku mencegah NPB ( $p = 0,002$ ,  $\&\#945;=0,05$ ) pada mahasiswa keperawatan FIK UI berdasarkan program studi. Hasil penelitian dapat dijadikan dasar pengembangan kurikulum pembelajaran mencegah NPB sejak tahap akademik serta menjadi sumber informasi untuk penelitian terkait NPB pada mahasiswa keperawatan yang masih belum banyak diteliti.

The prevalence of Low Back Pain (LBP) can occur in every group of age and profession, including health workers and prospective health workers. Health workers who have a high prevalence of LBP are nurses and nursing students. Nursing students as agent of nurses in the future are also susceptible to get LBP which can be caused by various factors, such as knowledge and behavior to prevent LBP. This study aims to determine the differences of knowledge and behavior to prevent LBP in nursing students. Descriptive and analytical design with stratified random sampling technique, Kruskal Wallis and Mann Whitney method was used for this research with 284 nursing students as a sample. The results of this research show that there are differences in knowledge about LBP ( $p = 0,001$ ,  $\&\#945; = 0,05$ ) and there are differences in behavior preventing LBP ( $p = 0,002$ ,  $\&\#945; = 0,05$ ) in nursing students at Faculty of Nursing Universitas Indonesia based on study programs. The results of this research can be the basis of the development of the learning curriculum in preventing LBP since the academic stage as well as being a source of information for further research, especially research on LBP in nursing students who have not been widely studied.