Pengaruh Kesesuaian Tinggi Meja Dan Kursi Dengan Tinggi Siku Duduk serta Poplitea Terhadap Perubahan Skala Nyeri Tengkuk (Studi pada pekerja perempuan pada industri informal emping di Banten = The Effect of Table and Chair Height Adjustment with Elbow Sitting Height and Popliteal against Changing Scale of Neck Pain (Studies of women labor in Emping chips home industry located in Banten Province)

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Abstrak

Latar Belakang Pekerja emping bekerja dengan postur menunduk selama waktu kerja yang dapat menyebabkan nyeri tengkuk. Untuk merencanakan tempat kerja yang ergonomis diperlukan ukuran tinggi meja dan kursi yang sesuai. Tujuan penelitian ini untuk mengetahui pengaruh kesesuaian tinggi meja dan kursi dengan tinggi siku duduk serta poplitea terhadap penurunan skala nyeri tengkuk.
Metode Penelitian menggunakan desain eksperimen one group pre-post. Skala nyeri tengkuk diukur meggunakan Visual Analog Scale. Intervensi yang dilakukan adalah penyesuaian tinggi meja dan kursi dengan tinggi siku duduk serta poplitea selama 14 hari. Kemudian dilakukan uji T berpasangan untuk rerata beda skala nyeri tengkuk pre dan post intervensi. Terhadap variabel bebas dilakukan uji bivariat terhadap perubahan skala nyeri tengkuk yang dilanjutkan uji multivariat.
Hasil Besar sampel penelitian 31 orang dan didapatkan prevalensi nyeri tengkuk sebelum intervensi 82%. Hipotesis terbukti yakni terdapat perbedaan yang bermakna antara rerata skala nyeri tengkuk sebelum dibandingkan sesudah penyesuaian meja dan kursi kerja selama 14 hari dengan nilai p=0,000, 95%CI=3,35-4,13.
Kesimpulan Kesesuaian tinggi meja dan kursi kerja dengan tinggi siku duduk serta poplitea mempunyai hubungan yang bermakna terhadap penurunan skala nyeri tengkuk dengan masa intervensi selama empat belas hari.
.....Background: Emping chips labors work in bent body posture may cause neck pain. Designing ergonomically workplace require compatible table and chair height. The objective of this research to understand the effect of table and chair heightadjustment with elbow sitting height and popliteal against changing scale of neck pain.
Research Methodology: The research used experimental design with one group pre-post method. Neck pain scale was measured with Visual Analog Scale. Purposely intervention was adjustment in table and chair height with elbow sitting height and popliteal within 14 (fourteen) days observation. Subsequently, paired T-test was performed to measure mean difference between pre and post intervention against neck pain scale. Uncontrolled variable was examined with bivariate testing toward changing scale of neck pain that continued with multivariate testing.
Result: Subject of the study were 31 employees, and the prevalence neck pain before intervention was 82%. Statistically proven that there was significant difference of mean scale of neck pain between pre and post intervention in adjustment of table and chair height during 14 (fourteen) days observation with p-value = 0.000 and 95% CI= 3.35 - 4.13.

Conclusion: There was significant effect of table and chair height adjustment with elbow sitting height and popliteal against reduction of neck pain scale during 14 (fourteen) days observation.