

Pengaruh Core Stability Exercise Terhadap Penurunan Nilai Oswestry Disability Index Pada Pekerja Kantoran Dengan Non Specific Low Back Pain = The Effect of Core Stability Exercise on Decreasing Oswestry Disability Index Values in Office Workers with Non-Specific Low Back Pain.

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Abstrak

Penelitian ini bertujuan untuk menganalisis pengaruh core stability exercise terhadap penurunan nilai oswestry disability index (ODI) pada pekerja kantoran dengan non specific low back pain. Gangguan ini disebabkan oleh durasi duduk yang lama dan postur duduk yang salah. Metode yang digunakan adalah kuantitatif dengan desain pre-ekperimental. Sampel dalam penelitian ini sebanyak 16 orang pekerja kantoran yang mengalami keluhan non specific low back pain. Intervensi dilakukan selama 12 sesi dengan frekuensi tiga kali seminggu. Menggunakan parameter ODI yang dilakukan sebelum dan sesudah intervensi. Hasil penelitian menunjukkan bahwa rata-rata nilai ODI menurun dari 27,25% sebelum intervensi menjadi 11% setelah dilakukan intervensi, dengan nilai $p < 0,001$, menunjukkan perbedaan signifikan. Penurunan ini menunjukkan peningkatan kemampuan fungsional dalam aktivitas sehari-hari. Penelitian ini memberikan bukti bahwa core stability exercise efektif dalam mengurangi nyeri dan disabilitas, serta meningkatkan kualitas hidup pekerja kantoran yang mengalami masalah low back pain. Hasil ini diharapkan dapat menjadi referensi untuk intervensi fisioterapi dalam manajemen non specific low back pain di lingkungan kerja, serta meningkatkan kesadaran tentang pentingnya kenyamanan dan aktivitas fisik dalam mengurangi risiko low back pain.

.....This study aims to analyze the effect of core stability exercise on reducing the oswestry disability index (ODI) value in office workers with non-specific low back pain. This disorder is caused by long sitting duration and incorrect sitting posture. The method used is quantitative with pre-experimental design. The sample in this study were 16 office workers who experienced non-specific low back pain complaints. The intervention was carried out for 12 sessions with a frequency of three times a week. Using ODI parameters carried out before and after the intervention. The results showed that the average ODI value decreased from 27.25% before the intervention to 11% after the intervention, with a p value < 0.001 , indicating a significant difference. This decrease indicates an increase in functional ability in daily activities. This study provides evidence that core stability exercise is effective in reducing pain and disability, as well as improving the quality of life of office workers who experience low back pain problems. These results are expected to be a reference for physiotherapy interventions in the management of non-specific low back pain in the work environment, as well as increasing awareness of the importance of comfort and physical activity in reducing the risk of low back pain.