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THE CORRELATION AMONG LEVEL OF KNOWLEDGE ABOUT ERGONOMICS POSITION AND LOW BACK PAIN COMPLAINTS IN INPATIENT NURSES

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Abstract

Background: Low Back Pain (LBP) is a set of several clinical symptoms characterized by low back pain, aches, or discomfort, with or without radiating to the legs. The most common cause of LBP among nurses is wrong ergonomics. This study aimed to determine the relationship between the level of ergonomics knowledge and LBP complaints among inpatient nurses. Method: This study used a correlational quantitative design with a cross sectional approach. The respondents of this study were 158 nurses who served in the inpatient unit of a private hospital Indonesia used total sampling technique. The instruments used in this research were two valid and reliable questionnaires. The questionnaires about knowledge of ergonomics by Bunga et. al (2019) and about complaints of low back pain by Deria (2021). Result: The results of the Pearson chi-square statistical test showed p value = 0.105, indicating that there was no significant relationship between the level of knowledge of ergonomics positions and complaints of low back pain in inpatient nurses. Recommendation: inpatient nurses can find out and apply ergonomic position in their daily work. For the further researchers, research on the factors that can causes low back pain could be conducted.

Keywords: knowledge, ergonomic, low back pain, nurse