

## **PROFILE OF SITTING POSITION WITH MUSCULOSKELETAL COMPLAINTS IN FKIK UKRIDA STUDENTS DURING ONLINE LEARNING**

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### **Abstract**

The Covid 19 pandemic has changed many things in the field of education, including the sitting posture during online learning. The purpose of this study was to find out about the profile of sitting position and the presence of musculoskeletal complaints in FKIK UKRIDA students during the online learning process, which was conducted in March-June 2020. This type of research is a quantitative descriptive study with a cross sectional approach. The sampling technique used simple random sampling on 107 students. The instrument used in this study was a questionnaire containing primary data and noardic body map (NBM). Data analysis was univariate analysis with the SPSS application. In the results of the study, it was found that the majority of respondents had mild musculoskeletal complaints as many as 101 (87.1%) people and had a sitting position with moderate risk of as many as 48 (41.4%) people. Conclusion:It is recommended that students can do stretching to stretch tense muscles for 10-20 minutes every 2 hours during learning, to prevent it from continuing to further musculoskeletal complaints.

Keywords: online, musculoskeletal complaint, sitting position