

DAFTAR PUSTAKA

- Abril, L., Zamora, C., Cordero, M., Wiliam, A. R., & Friedman, B. W. (2022). The Relative Efficacy of Seven Skeletal Muscle Relaxants. An Analysis of Data From Randomized Studies. *Pain and Theraphy*, 11(2), 637–648. <https://doi.org/https://doi.org/10.1016/j.jemermed.2021.09.025>
- Aiyer, R. (2024). *An overview on the anatomy of the spine* (pp. 1–12). <https://doi.org/https://doi.org/10.1016/B978-0-323-87751-0.00010-X>
- Alida, P. S., Mahaza, Mukhlis, Irfan, A., & Suksmerri. (2023). *HUBUNGAN LAMA DAN POSISI DUDUK TUBUH SAAT BEKERJA DENGAN KELUHAN NYERI PUNGGUNG BAGIAN BAWAH (LOW BACK PAIN) PADA PENJAHIT BAJU RELATIONSHIP FOR LONG TIME AND SITTING POSITION WHEN WORKING WITH LOWER BACK PAIN COMPLAINTS (LOW BACK PAIN) IN CLOTHES TAI*.
- Alqhtani, R. S., Ahmed, H., Alshahrani, A., Khan, A. R., & Khan, A. (2023). *Effects of Whole-Body Stretching Exercise during Lunch Break for Reducing Musculoskeletal Pain and Physical Exertion among Healthcare Professionals*. <https://doi.org/doi.org/10.3390/medicina59050910>
- Amalia, D. A., Putri, F., Siwi, K., & Fajri, N. R. (2025). *PENGARUH WORKPLACE EXERCISE DALAM MENURUNKAN KELUHAN LOW BACK PAIN DAN MENINGKATKAN FUNGSIONAL LUMBAL PADA PENJAHIT DI UD. SUMBER REJEKI, DESA KEDENSARI [20.21, 22/3/2026] Ecaa: PENGARUH WORKPLACE EXERCISE DALAM MENURUNKAN KELUHAN LOW BACK PAIN DAN MENING*. 5(2), 54–59. <https://journal.aiska-university.ac.id/index.php/physio/article/view/1700>
- Annisna, Aulia, A., & Mathofani, P. E. (2024). *Hubungan Posisi Kerja dengan Keluhan Nyeri Punggung Bawah pada Penjahit The Relationship between Work Position and Complaints of Lower Back Pain among Tailors*. 11(1), 67–73. <https://doi.org/DOI: 10.33746/fhj.v11i01.655>
- Arikunto, S., Suhardjono, & Supardi. (2021). *Penelitian Tindakan Kelas*.
- Asfara, J. Z., Paskarini, I., Denny, Y., & Wahyudiono, A. (2024). *Factors associated with Low Back Pain (LBP) complaints in workers : A literature review*. 21(02), 796–799. <https://doi.org/https://doi.org/10.30574/wjarr.2024.21.2.0494>
- Auliya, S. H., Yuliani, F. C., & Susanti, D. P. (2026). Hubungan Lama Duduk dan Berdiri dengan Nyeri Low Back Pain pada Perawat. *Jurnal Keperawatan Berbudaya Sehat*, 4(1). <https://doi.org/DOI: 1035473/JKBS.v4i1.4453>
- Berlina, L., & Ichwanuddin. (2024). *Hernia Nukleus Pulposus Anatomi dan Fisiologi Vertebrae a) Columna Vertebralis*. 3. <https://doi.org/https://doi.org/10.55606/termometer.v2i3.4119>

- Burak, S., Begic, E., Begic, N., & Kadic, F. (2020). *Sedentary behavior as a public health issue: Ergonomics as a useful tool*. 1(2), 112–120. <https://doi.org/doi.org/10.37868/SEI.V1I2.71>
- Devi, N. K. A. T., & Utami, K. P. (2024). Analisis Sikap Kerja terhadap Resiko Low Back Pain pada Penjahit di Garmen Puri Kawan, Gianyar. *Sejora Husada Jurnal Kesehatan Masyarakat*, 1(2), 60–65. <https://doi.org/https://doi.org/10.572349/husada.v1i1.363>
- Ekarini, N. L. P., Susman, Y. P., Suratun, Nelly, Y., Manurung, S., & Wartonah. (2023). *Posisi Duduk dan Lama Duduk di Depan Komputer Sebagai Faktor Risiko Keluhan Nyeri Punggung Bawah pada Karyawan Kantoran*. 8(2), 178–194.
- Fahcrudin, A., & Yunus, R. (2025). *Efektivitas ergochair dalam peningkatan kesehatan dan keselamatan kerja pada penjahit di kota samarinda*. 9, 7900–7906. <https://doi.org/https://doi.org/10.31004/prepotif.v9i3.51924>
- Faradillah, F., & Susilawati, S. (2024). *Hubungan Posisi Duduk dan Durasi Duduk dengan Nyeri Punggung Bawah pada Penjahit*. 2(2), 89–96. <https://doi.org/doi.org/10.69693/ijim.v2i2.105>
- Farley, T., Stokke, J., Goyal, K., & Demicco, R. (2024). Chronic Low Back Pain : History , Symptoms , Pain Mechanisms , and Treatment. *Life*, 14. <https://doi.org/DOI: 10.3390/life14070812>
- Global Burden of Disease. (2023). *Articles Global , regional , and national burden of low back pain , 1990 – 2020 , its attributable risk factors , and projections to 2050 : a systematic analysis of the Global Burden of Disease Study 2021*. 5(June). [https://doi.org/10.1016/S2665-9913\(23\)00098-X](https://doi.org/10.1016/S2665-9913(23)00098-X)
- Hameed, S., Mohamed, P., & Seyed, M. A. (2021). *Low Back Pain : A Comprehensive Review on the Diagnosis , Treatment Options , and the Role of Other Contributing Factors Diagnostic Approaches Employed in Pain Genetic Contributions in LBP*. 9, 347–359. <https://doi.org/doi.org/10.3889/oamjms.2021.6877>
- Hjermstad, M. J., Fayers, P. M., Haugen, D. F., Caraceni, A., Hanks, G. W., Loge, J. H., Fainsinger, R., Aass, N., & Kaasa, S. (2011). Studies Comparing Numerical Rating Scales, Verbal Rating Scales, and Visual Analogue Scales for Assessment of Pain Intensity in Adults: A Systematic Literature Review. *Juornal of Pain and Symptom Management*, 41(6), 1073–1093. <https://doi.org/10.1016/j.jpainsymman.2010.08.016>
- Holzgreve, F., Fraeulin, L., Haenel, J., Schmidt, H., Bader, A., Frei, M., Groneberg, D. A., Ohlendorf, D., & Mark, A. Van. (2021). *Office work and stretch training (OST) study : effects on the prevalence of musculoskeletal diseases and gender randomised differences : a non- - control study*. 1–8. <https://doi.org/10.1136/bmjopen-2020-044453>
- ILO. (2017). *Global Manual for WISE Work Improvements in Small Enterprises*.
- Jalil, R., Aliah, H., Ainun, N., Muallin, Amir, W. A. A., Salim, M., & Grace, P. (2024). *OPTIMISASI PROSES PEMBUATAN TULANG BELAKANG DARI BAHAN GABUS*. 5(2), 312–319.

- <https://doi.org/https://doi.org/10.29303/pepadu.v5i2.4415>
- Jess, Anne, M., Hamilton, Sharon, Ryan, Cormac, Wellburn, Shaun, Alexanders, Jenny, Spence, Daniel, Martin, & Denis. (2021). *Exploring the origin of pain subclassification, with emphasis on low back pain: a scoping review*. 308–340. <https://doi.org/10.11124/JBISRIR-D-19-00383>
- Kaneda, G., Zila, L., Wechsler, J. T., Sha, K., Cheema, K., Tuchman, A., Li, D., & Sheyn, D. (2025). *What a pain in the back : etiology , diagnosis and future treatment directions for discogenic low back pain*. <https://doi.org/https://doi.org/10.1038/s41413-025-00472-7>
- Kenhub. (2024). *Intervertebral discs: Anatomy, structure and function*. Diakses dari. <https://www.kenhub.com/en/library/anatomy/the-intervertebral-discs>
- Knezevic, N. N., Candido, K. D., Vlaeyen, J. W. S., Zundert, P. J. Van, & Cohen, S. P. (2021). *Low back pain*. 398(10294), 78–92. [https://doi.org/https://doi.org/10.1016/S0140-6736\(21\)00733-9](https://doi.org/https://doi.org/10.1016/S0140-6736(21)00733-9)
- Konrad, A., Nakamura, M., Sardroodan, M., Aboozari, N., Hadjizadeh, S., & Behm, D. G. (2025). The effects of chronic stretch training on musculoskeletal pain. *European Journal of Applied Physiology*, 125(8), 2037–2048. <https://doi.org/10.1007/s00421-025-05747-9>
- Koswara, J., Machrina, Y., Lubis, M., & Amelia, R. (2023). *Hubungan Durasi dan Postur Duduk Terhadap Keluhan Low Back Pain pada Mahasiswa Kedokteran*. 5(2), 90–97. <https://doi.org/https://doi.org/10.32734/scripta.v5i2.14906>
- Kroemer, K. H. . (2017). *Fitting the Human Introduction to Ergonomics / Human Factors Engineering, Seventh Edition* (7th ed.). <https://doi.org/doi.org/10.1201/9781315398389>
- Latifah, M., Citrawati, M., & Yusmaini, H. (2022). *Hubungan Posisi Duduk dan Lama Duduk dengan Low Back Pain pada Pekerja Sektor Industri : Tinjauan Sistematis*. 3, 17–29. <https://conference.upnvj.ac.id/index.php/sensorik/article/view/2067/1511>
- Martatias, S. Y., Putri, D. S. R., & Saelan. (2024). *THE EFFECT OF STRETCHING AND ERGONOMIC SITTING POSTURE ON LOW BACK PAIN (LBP) IN WORKERS*. 6(6), 11–18. <https://jurnal.globalhealthsciencegroup.com/index.php/IJGHR/article/view/4391/3181>
- Melvariza, M., Indrayuni, R., Wardhani, L., & Widhiyanto, L. (2023). *Psychological Stress as a Risk Factor for Low Back Pain : A Review Article*. 116(1), 89–92. <https://doi.org/10.47119/10.47119/IJRP1001161120234382>
- Mf, M. Y., & Ikhwan, Z. (2024). *Risiko Ergonomi , Karakteristik Penjahit , Dan Keluhan Musculoskeletal Disorders (MSDS) Pada Penjahit Di Tanjungpinang Kota*. 3(3), 324–333.
- Muawanah, S., Ayuningtyas, R., Iballa, B. D. M., & Juariah, S. (2024). *Towards a pain-free life for the elderly: The role of physiotherapy in low back pain prevention education*. 9(5), 763–773. <https://doi.org/https://doi.org/10.31603/ce.11259>

- Muhajir, M., Nurwalmi, N., Durahim, D., & Syamsuddin, S. (2024). *Investigating The Link Between Sitting Habits And Low Back Pain In Administrative Staff: A Cross-Sectional Study*. 1(2).
<https://international.areai.or.id/index.php/IJEMA/article/view/39/42>
- Notoatmodjo, S. (2018). *Metodologi penelitian kesehatan* (Cetakan 3).
- Olsen, A., Beal, C., & Kim, C. (2024). *Spinal Fusion Techniques* (pp. 1–25).
<https://doi.org/https://doi.org/10.1016/B978-0-323-88223-1.00010-3>
- Putra, A. N. (2023). *TUBUH , POSTUR KERJA , DAN AKTIFITAS FISIK PADA PEKERJA LOW BACK PAIN BASED ON BODY MASS INDEX , WORK POSTURE , AND PHYSICAL ACTIVITY IN WORKERS AT PT X DEPOK*. 12(1), 11–18. <https://e-journal.mrhj.ac.id/index.php/Jkk/article/view/246>
- Rachman, S. M., Royani, I., Muchsin, A. H., Rachman, M. E., Dhedie, A., & Sam, P. (2024). *Karakteristik low back pain pada perawat di rumah sakit ibnu sina makassar*. 5, 10179–10186.
<https://journal.universitaspahlawan.ac.id/index.php/jkt/article/view/34857/23850>
- Raja, S. N., Carr, D. B., Cohen, M., Finnerup, N. B., Flor, H., Gibson, S., Keefe, F., Mogil, J. S., Ringkamp, M., & Kathleen, A. (2021). *The Revised IASP definition of pain: concepts, challenges, and compromises*. 161(9), 1976–1982. <https://doi.org/10.1097/j.pain.0000000000001939>.The
- Ropii, A., Susianto, Suparman, R., Nugraha, A., Hermansyah, A. N., & Assegaf, H. H. (2022). *Posisi Duduk dan Keluhan Low Back Pain (LBP) pada Penjahit Konfeksi di PT VINEX-D*. 12(1), 184–187.
<https://doi.org/doi.org/10.33846/2trik12214>
- Rusmayanti, M. Y., & Kurniawan, S. N. (2023). *Hnp lumbalis*. 7–11.
<https://doi.org/10.21776/ub.jphv.2023.004.01.2>
- Sa'dyah, A. S. H., Ismunandar, H., Putri, G. T., & Saftarina, F. (2025). *Low Back Pain sebagai Beban Global: Strategi Pendekatan Biopsikososial dalam Penatalaksanaan Nyeri Punggung Bawah Low Back Pain as a Global Burden : Biopsychosocial Strategies in the Management of Lower Back Pain*. 15, 384–392.
<https://journalofmedula.com/index.php/medula/article/download/1631/1160/>
- Saciloto, B., Henz, G. D., & Gonçalves, R. F. (2024). *THE RELATIONSHIP BETWEEN SMOKING AND LOW BACK PAIN - UP TO DATE 2024 A RELAÇÃO ENTRE FUMAR E DOR LOMBAR - UP TO DATE 2024 LA RELACIÓN ENTRE FUMAR Y EL DOLOR LUMBAR - UP TO DATE*. 4, 1–20. <https://doi.org/10.56083/RCV4N8-127>
- Sassack, B., & Carrier, J. D. (2023). *Anatomy, Back, Lumbar Spine*. In *StatPearls*. StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK557616/>
- Setiadi, H. C. P., Jamari, & Winarni, T. I. (2023). *REKONSTRUKSI dan SIMULASI ELEMEN HINGGA PADA VERTEBRA LUMBALIS I SAMPAI SACRALIS I DENGAN KONDISI PEMBEBANAN BERBEDA*. 11, 126–131.
<https://ejournal3.undip.ac.id/index.php/jtm/article/view/37995>
- Sluka, K. A., & George, S. Z. (2021). *A New Definition of Pain : Update and*

- Implications for Physical Therapist Practice and Rehabilitation Science History of the Definition of Pain.* 1–3. https://academic.oup.com/ptj/article/101/4/pzab019/6106265?utm_source=chatgpt.com
- Sugiyono. (2023). *Metode Penelitian Kuantitatif, Kualitatif dan R&D.*
- Sun, Z., Xu, X., Lv, Z., Li, J., Shi, T., & Sun, H. (2022). Intraarticular injection of SHP2 inhibitor SHP099 promotes the repair of rabbit full-thickness cartilage defect. *Journal of Orthopaedic Translation*, 32(January), 112–120. <https://doi.org/10.1016/j.jot.2022.01.001>
- Tahernejad, S., Razeghi, M., Eramaki, M. A., Parsaei, H., Seif, M., & Choobineh, A. (2022). Recommended maximum holding time of common static sitting postures of office workers. *International Journal of Occupational Safety and Ergonomics*, 29(2), 847–854. <https://doi.org/https://doi.org/10.1080/10803548.2022.2085418>
- Tedeschi, R., Giorgi, F., Platano, D., & Berti, L. (2025). *Classifying Low Back Pain Through Pain Mechanisms : A Scoping Review for Physiotherapy Practice.* 1–17. <https://doi.org/DOI: 10.3390/jcm14020412>
- Wang, P., Lu, X., Wen, M., Li, X., Gao, Q., & Qin, R. (2025). *Association between muscle strength and low back pain among middle-aged and older adults : a cross-sectional study.* 25. <https://doi.org/https://doi.org/10.1186/s12889-025-23050-2>
- WHO. (2023). *Low Back Pain.* 1–5. <https://www.who.int/news-room/fact-sheets/detail/low-back-pain>
- Winata, S. D., Fuk, L. J., Sutanti, Y. S., & Lau, D. (2025). *Analisis Faktor-Faktor yang Memengaruhi Keluhan Low Back Pain (LBP) pada Penjahit Konveksi Pademangan Jakarta Analysis of Factors Influencing Low Back Pain (LBP) Complaints in Convection Tailors PademanganNorth Jakarta.* 4(2), 137–142. https://ejournal.ukrida.ac.id/index.php/ms/article/view/3775?utm_source=chatgpt.com