

ABSTRAK

Fransta Hendy Paito. 2024. Pengaruh Posisi Tubuh Pengguna Laptop Terhadap Gejala *Cervical Root Sndrome* (Studi Kasus Mahasiswa Teknik Industri Universitas PGRI Madiun). Program Studi Teknik Industri, Fakultas Teknik, Universitas PGRI Madiun. Pembimbing (I) Aloysius Tommy Hendrawan, S. T., M. T. (II) Doni Susanto S. Pd., M. Pd.

Cervical Root Syndrome adalah kondisi medis yang menyebabkan nyeri leher dan gangguan fungsional signifikan. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang mempengaruhi keparahan Cervical Root Syndrome dan hubungan antara faktor-faktor tersebut dengan tingkat nyeri dan gangguan fungsional. Data dikumpulkan melalui kuesioner sebanyak 50 responden dari populasi 67 orang. Uji hipotesis menggunakan uji-t, serta uji-F untuk menguji perbedaan variabilitas antara kelompok-kelompok tersebut. Uji korelasi Pearson digunakan untuk mengidentifikasi hubungan antara tingkat nyeri dan gangguan fungsional dengan variabel lain seperti usia, durasi penyakit, dan kebiasaan postur tubuh.

Hasil menunjukkan perbedaan signifikan dalam tingkat nyeri dan gangguan fungsional antara kelompok usia ($\text{sig} < 0.05$). Uji-F menunjukkan variabilitas signifikan ($\text{sig} < 0.05$). Uji korelasi mengindikasikan hubungan positif signifikan antara posisi tubuh duduk di kursi, duduk dilantai, dan berbaring dengan indikasi terdampak gejala Cervical Root Syndrome ($r = 0.60-0.799$, $p < 0.01$) dan posisi tengkurap dan kombinasi terhadap gejala Cervical Root Syndrome ($r = 0.0.80-1.00$, $\text{sig} < 0.01$). Posisi tubuh menggunakan laptop yang tidak ergonomis dapat mempengaruhi gejala Cervical Root Syndrome. Temuan ini menekankan pentingnya penanganan ergonomis dan pengelolaan postur tubuh untuk mengurangi nyeri dan gangguan fungsional.

Kata Kunci : Ergonomi, Pendidikan, Posisi Tubuh, Teknologi

ABSTRACT

Fransta Hendy Paito. 2024. *The Effect of Laptop Users' Body Position on Cervical Root Syndrome Symptoms (Case Study of Industrial Engineering Students at PGRI Madiun University). Industrial Engineering Study Program, Faculty of Engineering, PGRI Madiun University. Supervisor (I) Aloysius Tommy Hendrawan, S. T., M. T. (II) Doni Susanto S. Pd., M. Pd.*

Cervical Root Syndrome is a medical condition that causes neck pain and significant functional impairment. This study aims to analyze the factors that influence the severity of Cervical Root Syndrome and the relationship between these factors and the level of pain and functional impairment. Data was collected through a questionnaire from 50 respondents from a population of 67 people. Hypothesis testing uses the t-test, as well as the F-test to test differences in variability between the groups. Pearson correlation test was used to identify the relationship between pain level and functional impairment with other variables such as age, disease duration, and body posture habits.

Results showed significant differences in levels of pain and functional impairment between age groups ($\text{sig} < 0.05$). The F-test showed significant variability ($\text{sig} < 0.05$). The correlation test indicated a significant positive relationship between the body position of sitting in a chair, sitting on the floor, and lying down with indications of being affected by symptoms of Cervical Root Syndrome ($r = 0.60-0.799$, $p < 0.01$) and the prone position and the combination of symptoms of Cervical Root Syndrome ($r = 0.080-1.00$, $\text{sig} < 0.01$). Body position using a laptop that is not ergonomic can affect the symptoms of Cervical Root Syndrome. These findings emphasize the importance of ergonomic treatment and posture management to reduce pain and functional impairment.

Keywords: *Ergonomics, Education, Body Position, Technology*