

DAFTAR PUSTAKA

- Agustin, A., Puji, L. K. R., & Andriati, R. (2023). Hubungan Durasi Kerja, Masa Kerja dan Postur Kerja Terhadap Keluhan Low Back Pain pada Bagian Staff Di Kantor X, Jakarta Selatan. *Journal of Health Research Science*, 3(01), 13-22.
- Alfalogy, E., Mahfouz, S., Elmedany, S., Hariri, N., & Fallatah, S. (2023). Chronic Low Back Pain: Prevalence, Impact on Quality of Life, and Predictors of Future Disability. *Cureus*, 15(9), e45760. <https://doi.org/10.7759/cureus.45760>
- Ali, M., Ahsan, G. U., & Hossain, A. (2020). Prevalence and associated occupational factors of low back pain among the bank employees in Dhaka City. *Journal of occupational health*, 62(1), e12131. <https://doi.org/10.1002/1348-9585.12131>
- Allegri, M., Montella, S., Salici, F., Valente, A., Marchesini, M., Compagnone, C., Baciarello, M., Manfredini, M. E., & Fanelli, G. (2016). Mechanisms of low back pain: a guide for diagnosis and therapy. *F1000Research*, 5, F1000 Faculty Rev-1530. <https://doi.org/10.12688/f1000research.8105.2>
- Alwashmi A. H. (2023). Prevalence of Low Back Pain and Associated Factors Among Qassim University Medical Students: A Cross-Sectional Study. *Cureus*, 15(9), e44596. <https://doi.org/10.7759/cureus.44596>
- An, J. M., Kim, J., Yoon, S., Woo, K. H., Cho, S. Y., Kim, K., & Jo, H. R. (2020). Association of work-life balance with occupational injury and work-related musculoskeletal pain among Korean workers. *Annals of occupational and environmental medicine*, 32, e20. <https://doi.org/10.35371/aoem.2020.32.e20>
- Annamyra, R. S., & Simanjorang, C. (2023). Hubungan Durasi Duduk dan Postur Kerja Terhadap Keluhan Low Back Pain pada Karyawan Bank Kb Bukopin Tahun 2022. *Jurnal Ilmiah Sesebanua*, 7(1), 1-9.
- Annissa, A., Aulia, A., & Mathofani, P. E. (2024). Hubungan posisi kerja dengan keluhan nyeri punggung bawah pada penjahit. *Faletahan Health Journal*, 11(01), 67-73.
- Antunes, E. D., de Araújo, C. R., & Abage, Z. (2014). Musculoskeletal symptoms in workers of a Telecom Company. *Work (Reading, Mass.)*, 41 Suppl 1, 5725-5727. <https://doi.org/10.3233/WOR-2012-0931-5725>
- Azizah, S., Imron, M. A., Sos, S., Fis, M., Kurniaji, N. S., & S ST FT, F. (2022). Hubungan lama duduk dengan kejadian nyeri punggung bawah pada pekerja (Doctoral dissertation, Universitas' Aisyiyah Yogyakarta).
- Bailey D. P. (2021). Sedentary behaviour in the workplace: prevalence, health implications and interventions. *British medical bulletin*, 137(1), 42-50. <https://doi.org/10.1093/bmb/ldaa039>

- Barone Gibbs, B., Hergenroeder, A. L., Perdomo, S. J., Kowalsky, R. J., Delitto, A., & Jakicic, J. M. (2018). Reducing sedentary behaviour to decrease chronic low back pain: the stand back randomised trial. *Occupational and environmental medicine*, 75(5), 321–327. <https://doi.org/10.1136/oemed-2017-104732>
- Bento, T. P. F., Genebra, C. V. D. S., Maciel, N. M., Cornelio, G. P., Simeão, S. F. A. P., & Vitta, A. (2020). Low back pain and some associated factors: is there any difference between genders?. *Brazilian journal of physical therapy*, 24(1), 79–87. <https://doi.org/10.1016/j.bjpt.2019.01.012>
- Billy, G. G., Lemieux, S. K., & Chow, M. X. (2014). Changes in lumbar disk morphology associated with prolonged sitting assessed by magnetic resonance imaging. *PM & R : the journal of injury, function, and rehabilitation*, 6(9), 790–795. <https://doi.org/10.1016/j.pmrj.2014.02.014>
- Bin Ahmed, I. A., Aldhafyan, A. E., Sr, Basendwah, A. A., Alassaf, T. Y., Alhamlan, H. N., Alorainy, A. H., & Alyousef, A. B. (2023). The Prevalence and Risk Factors of Low Back Pain Among Office Workers in Saudi Arabia. *Cureus*, 15(9), e44996. <https://doi.org/10.7759/cureus.44996>
- Bizzoca, D., Solarino, G., Pulcrano, A., Brunetti, G., Moretti, A. M., Moretti, L., Piazzolla, A., & Moretti, B. (2023). Gender-Related Issues in the Management of Low-Back Pain: A Current Concepts Review. *Clinics and practice*, 13(6), 1360–1368. <https://doi.org/10.3390/clinpract13060122>
- Bontrup, C., Taylor, W. R., Fliesser, M., Visscher, R., Green, T., Wippert, P. M., & Zemp, R. (2019). Low back pain and its relationship with sitting behaviour among sedentary office workers. *Applied ergonomics*, 81, 102894. <https://doi.org/10.1016/j.apergo.2019.102894>
- Boström, M., Holmgren, K., Sluiter, J. K., Hagberg, M., & Grimby-Ekman, A. (2016). Experiences of work ability in young workers: an exploratory interview study. *International archives of occupational and environmental health*, 89(4), 629–640. <https://doi.org/10.1007/s00420-015-1101-7>
- BPS Provinsi Bali. (2022). Penduduk Usia 15 Tahun ke Atas yang Bekerja Menurut Jumlah Jam Kerja Seluruhnya dan Jenis Kelamin di Provinsi Bali (Orang). Tersedia di <https://bali.bps.go.id/id/statistics-table/2/MjkzIzI=/penduduk-usia-15-tahun-ke-atas-yang-bekerja-menurut-jumlah-jam-kerja-seluruhnya-dan-jenis-kelamin-di-provinsi-bali.html> [Accessed 12 November 2024].
- BPS Provinsi Bali. (2024). Penduduk Usia 15 Tahun ke Atas yang Bekerja Menurut Status Pekerjaan Utama dan Jenis Kelamin di Provinsi Bali (Orang). Tersedia di <https://bali.bps.go.id/id/statistics-table/2/Mjk2IzI=/penduduk-usia-15-tahun-ke-atas-yang-bekerja-menurut-status-pekerjaan-utama-dan-jenis-kelamin-di-provinsi-bali.html> [Accessed 12 November 2024].
- Brakenridge, C. L., Chong, Y. Y., Winkler, E. A. H., Hadgraft, N. T., Fjeldsoe, B. S., Johnston, V., Straker, L. M., Healy, G. N., & Clark, B. K. (2018).

- Evaluating Short-Term Musculoskeletal Pain Changes in Desk-Based Workers Receiving a Workplace Sitting-Reduction Intervention. *International journal of environmental research and public health*, 15(9), 1975. <https://doi.org/10.3390/ijerph15091975>
- Brodke, D. S., Goz, V., Lawrence, B. D., Spiker, W. R., Neese, A., & Hung, M. (2017). Oswestry Disability Index: a psychometric analysis with 1,610 patients. *The spine journal : official journal of the North American Spine Society*, 17(3), 321–327. <https://doi.org/10.1016/j.spinee.2016.09.020>
- Casiano VE, Sarwan G, Dydyk AM, et al. Back Pain. [Updated 2023 Feb 20]. In: *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK538173/>
- Chandrasekar S. (2021). Women and Work. *Indian journal of occupational and environmental medicine*, 25(1), 1–3. https://doi.org/10.4103/ijoem.ijoem_110_21
- Chowdhury, M. O. S. A., Huda, N., Alam, M. M., Hossain, S. I., Hossain, S., Islam, S., & Khatun, M. R. (2023). Work-related risk factors and the prevalence of low back pain among low-income industrial workers in Bangladesh: results from a cross-sectional study. *Bulletin of Faculty of Physical Therapy*, 28(1), 20. <https://doi.org/10.1186/s43161-023-00132-z>
- Dahlan, S. M. (2012). Statistik untuk Kedokteran dan Kesehatan. Jakarta: Salemba Medika.
- Daneshmandi, H., Choobineh, A., Ghaem, H., & Karimi, M. (2017). Adverse Effects of Prolonged Sitting Behavior on the General Health of Office Workers. *Journal of lifestyle medicine*, 7(2), 69–75. <https://doi.org/10.15280/jlm.2017.7.2.69>
- De Carvalho, D. E., de Luca, K., Funabashi, M., Breen, A., Wong, A. Y. L., Johansson, M. S., Ferreira, M. L., Swab, M., Neil Kawchuk, G., Adams, J., & Hartvigsen, J. (2020). Association of Exposures to Seated Postures With Immediate Increases in Back Pain: A Systematic Review of Studies With Objectively Measured Sitting Time. *Journal of manipulative and physiological therapeutics*, 43(1), 1–12. <https://doi.org/10.1016/j.jmpt.2019.10.001>
- DeSai C, Reddy V, Agarwal A. Anatomy, Back, Vertebral Column. [Updated 2023 Aug 8]. In: *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK525969/>
- de Victo, E. R., Kovalskys, I., Fisberg, M., Gómez, G., Rigotti, A., Cortés, L. Y., García, M. Y., Pareja, R. G., Herrera-Cuenca, M., Solé, D., Drenowatz, C., Marques, A., & Ferrari, G. (2023). Are the different cut-off points for sitting time associated with excess weight in adults? A population based study in Latin America. *BMC public health*, 23(1), 110. <https://doi.org/10.1186/s12889-023-15029-8>

- Dinas Kesehatan Provinsi Bali. (2019). Profil Kesehatan Provinsi Bali 2019. Retrieved from <https://diskes.baliprov.go.id/download/profil-kesehatan-2019/>
- Drake, R., Vogl, W., Mitchell, A., Tibbitts, R., & Richardson, P. (2020). *Gray's Atlas of Anatomy*. 3rd ed. Philadelphia: Elsevier
- Edwardson, C. L., Biddle, S. J. H., Clemes, S. A., Davies, M. J., Dunstan, D. W., Eborall, H., Granat, M. H., Gray, L. J., Healy, G. N., Jaicim, N. B., Lawton, S., Maylor, B. D., Munir, F., Richardson, G., Yates, T., & Clarke-Cornwell, A. M. (2022). Effectiveness of an intervention for reducing sitting time and improving health in office workers: three arm cluster randomised controlled trial. *BMJ (Clinical research ed.)*, 378, e069288. <https://doi.org/10.1136/bmj-2021-069288>
- Edwardson CL, Maylor BD, Biddle SJH, et al. A multicomponent intervention to reduce daily sitting time in office workers: the SMART Work & Life three-arm cluster RCT. Southampton (UK): *National Institute for Health and Care Research*; 2023 Sep. (Public Health Research, No. 11.06.) Chapter 1, Introduction and background. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK595279/>
- Elfil, M., & Negida, A. (2017). Sampling methods in Clinical Research; an Educational Review. *Emergency (Tehran, Iran)*, 5(1), e52.
- Erick, P. N., & Smith, D. R. (2014). Low back pain among school teachers in Botswana, prevalence and risk factors. *BMC musculoskeletal disorders*, 15, 359. <https://doi.org/10.1186/1471-2474-15-359>
- Freburger, J. K., Holmes, G. M., Agans, R. P., Jackman, A. M., Darter, J. D., Wallace, A. S., Castel, L. D., Kalsbeek, W. D., & Carey, T. S. (2014). The rising prevalence of chronic low back pain. *Archives of internal medicine*, 169(3), 251–258. <https://doi.org/10.1001/archinternmed.2008.543>
- Gupta, N., Christiansen, C. S., Hallman, D. M., Korshøj, M., Carneiro, I. G., & Holtermann, A. (2015). Is objectively measured sitting time associated with low back pain? A cross-sectional investigation in the NOMAD study. *PloS one*, 10(3), e0121159. <https://doi.org/10.1371/journal.pone.0121159>
- Hastono, S. P. (2016). *Analisa Data Pada Bidang Kesehatan*. Jakarta: PT Raja Grafindo Perkasa
- Hera, F. D. B. (2015). Menghadirkan ruang bagi buruh perempuan dalam studi sejarah Indonesia. *Jurnal Sejarah dan Budaya*, 9(1).
- Hossian, M., Nabi, M. H., Hossain, A., Hawlader, M. D. H., & Kakoly, N. S. (2022). Individual and Occupational Factors Associated With Low Back Pain: The First-ever Occupational Health Study Among Bangladeshi Online Professionals. *Journal of preventive medicine and public health = Yebang Uihakhoe chi*, 55(1), 98–105. <https://doi.org/10.3961/jpmp.21.565>
- Hutasuhut, R. O., Lintong, F., & Rumampuk, J. F. (2021). Hubungan lama duduk terhadap keluhan nyeri punggung bawah. *EBiomedik*, 9(2).

- Icsal, M., Sabilu, Y., & Pratiwi, A. D. (2016). Faktor yang berhubungan dengan keluhan musculoskeletal disorders (msds) pada penjahit wilayah pasar panjang kota kendari tahun 2016. *Jurnal Ilmiah Mahasiswa Kesehatan Masyarakat*, 1(2), 1-8.
- Irawan, M. A., Iqbal, M., & Anwar, N. F. (2023). PENGARUH MASA KERJA DAN MOTIVASI KERJA TERHADAP KINERJA GURU SEKOLAH DASAR. *Journal Transformation of Mandalika*, 4(7), 133-141.
- Iwahashi, S., Hashida, R., Matsuse, H., Higashi, E., Bekki, M., Iwanaga, S., Hara, K., Higuchi, T., Hirakawa, Y., Kubota, A., Imagawa, H., Muta, Y., Minamitani, K., Yoshida, T., Yokosuka, K., Yamada, K., Sato, K., & Shiba, N. (2022). The impact of sarcopenia on low back pain and quality of life in patients with osteoporosis. *BMC musculoskeletal disorders*, 23(1), 142. <https://doi.org/10.1186/s12891-022-05086-2>
- Jahn, A., Andersen, J. H., Christiansen, D. H., Seidler, A., & Dalbøge, A. (2023). Occupational mechanical exposures as risk factor for chronic low-back pain: a systematic review and meta-analysis. *Scandinavian journal of work, environment & health*, 49(7), 453–465. <https://doi.org/10.5271/sjweh.4114>
- Janwantanakul, P., Pensri, P., Moolkay, P., & Jiamjarasrangi, W. (2014). Development of a risk score for low back pain in office workers--a cross-sectional study. *BMC musculoskeletal disorders*, 12, 23. <https://doi.org/10.1186/1471-2474-12-23>
- Kemdikbud. (2016). Kamus Besar Bahasa Indonesia (KBBI). Tersedia di <https://kbbi.kemdikbud.go.id/entri/duduk> [Accessed 13 Mei 2024].
- Koivunen, K., Widbom-Kolhanen, S., Pernaa, K., Arokoski, J., & Saltychev, M. (2024). Reliability and validity of Oswestry Disability Index among patients undergoing lumbar spinal surgery. *BMC surgery*, 24(1), 13. <https://doi.org/10.1186/s12893-023-02307-w>
- Makkiyah, F. A., Sinaga, T. A., & Khairunnisa, N. (2023). A Study from a Highly Populated Country : Risk Factors Associated with Lower Back Pain in Middle-Aged Adults. *Journal of Korean Neurosurgical Society*, 66(2), 190–198. <https://doi.org/10.3340/jkns.2021.0278>
- Martínez-Ramos, E., Martín-Borràs, C., Trujillo, J. M., Giné-Garriga, M., Martín-Cantera, C., Solà-Gonfaus, M., Castillo-Ramos, E., Pujol-Ribera, E., Rodríguez, D., Puigdomenech, E., Beltran, A. M., Serra-Paya, N., Gascón-Catalán, A., & Puig-Ribera, A. (2015). Prolonged Sitting Time: Barriers, Facilitators and Views on Change among Primary Healthcare Patients Who Are Overweight or Moderately Obese. *PloS one*, 10(6), e0125739. <https://doi.org/10.1371/journal.pone.0125739>
- Modes RJ, Lafci Fahrioglu S. Anatomy, Back. [Updated 2023 Feb 27]. In: *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK539746/>

- Mouton, A. (2021). Examining the Success of the 19th Amendment at the Centennial: A Call to Action for Communication Scholars. *Women & Language*, 44(2).
- Mulfianda, R., Desreza, N., & Maulidya, R. (2021). Faktor-faktor yang Berhubungan dengan Kejadian Nyeri Punggung Bawah (NPB) pada Karyawan di Kantor PLN Wilayah Aceh. *Journal of Healthcare Technology and Medicine*, 7(1), 253-262.
- Park, S. M., Kim, H. J., Jeong, H., Kim, H., Chang, B. S., Lee, C. K., & Yeom, J. S. (2018). Longer sitting time and low physical activity are closely associated with chronic low back pain in population over 50 years of age: a cross-sectional study using the sixth Korea National Health and Nutrition Examination Survey. *The spine journal: official journal of the North American Spine Society*, 18(11), 2051–2058. <https://doi.org/10.1016/j.spinee.2018.04.003>
- Peeters, G. M., Mishra, G. D., Dobson, A. J., & Brown, W. J. (2014). Health care costs associated with prolonged sitting and inactivity. *American journal of preventive medicine*, 46(3), 265–272. <https://doi.org/10.1016/j.amepre.2013.11.014>
- Pemerintah Pusat Indonesia (2003). Undang-undang (UU) Nomor 13 Tahun 2003 tentang Ketenagakerjaan. Tersedia di <https://peraturan.bpk.go.id/Details/43013> [Accessed 20 November 2024].
- Permenkes, R. I. (2016). Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2016 Tentang Rencana Aksi Nasional Kesehatan Lanjut Usia Tahun 2016-2019. *Menkes RI*.
- Pirade, A., Angliadi, E., & Sengkey, L. S. (2014). Hubungan Posisi Dan Lama Duduk Dengan Nyeri Punggung Bawah (NPB) Mekanik Kronik Pada Karyawan Bank. *Jurnal Biomedik: JBM*, 5(1).
- Prasetya, G. R. A., Sari, R. K., & Djannah, D. (2024). Hubungan antara Durasi Duduk dengan Kejadian Nyeri Punggung Bawah. *Jurnal Keperawatan*, 16(2), 519-526.
- Rachmawati, S., Rinawati, S., Tiaswani, E.L., & Suryadi, I. (2021). Hubungan sikap kerja berdiri dengan keluhan low back pain pada pekerja kasir Luwes Surakarta. *Jurnal Kesehatan*, 14(2), 142-148.
- Sari, N. P. L., Mogi, T. I., & Angliadi, E. (2015). Hubungan lama duduk dengan kejadian low back pain pada operator komputer perusahaan travel di Manado. *e-CliniC*, 3(2).
- Sassack B, Carrier JD. Anatomy, Back, Lumbar Spine. [Updated 2023 Aug 14]. In: *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK557616/>
- Sastroasmoro, S., & Ismael, S. (2014). Dasar-Dasar Metodologi Penelitian Klinis Edisi ke-5. Jakarta: Sagung Seto.

- Shah, M., & Saboor, A. (2022). Computer Vision Syndrome: Prevalence and Associated Risk Factors Among Computer-Using Bank Workers in Pakistan. *Turkish journal of ophthalmology*, 52(5), 295–301. <https://doi.org/10.4274/tjo.galenos.2021.08838>
- Shockey, T., Alterman, T., Yang, H., & Lu, M. L. (2024). Workplace Psychosocial Factors, Work Organization, and Physical Exertion as Risk Factors for Low Back Pain Among US Workers: Data From the 2015 National Health Interview Survey. *Journal of occupational and environmental medicine*, 66(6), 467–474. <https://doi.org/10.1097/JOM.0000000000003087>
- Sugiyono, Prof., Dr. (2013). Metode Penelitian Kuantitatif, Kualitatif, dan R & D Edisi ke-19. Bandung: ALFABETA, CV.
- Suyasa I.K. (2018). Penyakit Degenerasi Lumbal. 1(DEC): 329
- Tanjung, J. R., Hanarko, F. A., & Haryono, I. R. (2023). Hubungan Posisi Dan Durasi Duduk Terhadap Nyeri Punggung Bawah Pada Pekerja Kantor Di Jakarta. *Damianus Journal of Medicine*, 22(1), 61-68.
- Tarwaka. (2015). Ergonomi Industri: Dasar-dasar Pengetahuan Ergonomi dan Aplikasi di tempat Kerja. Harapan Press.
- Tiasna, R. K., & Wahyuningsih, A. S. (2023). Keluhan Nyeri punggung bawah pada Pekerja di Sentra Pembuatan Garam. *HIGEIA (Journal of Public Health Research and Development)*, 7(1), 19-31.
- Tomé-Bermejo, F., Piñera, A. R., & Alvarez-Galovich, L. (2017). Osteoporosis and the Management of Spinal Degenerative Disease (I). *The archives of bone and joint surgery*, 5(5), 272–282.
- Urits, I., Burshtein, A., Sharma, M., Testa, L., Gold, P. A., Orhurhu, V., Viswanath, O., Jones, M. R., Sidransky, M. A., Spektor, B., & Kaye, A. D. (2019). Low Back Pain, a Comprehensive Review: Pathophysiology, Diagnosis, and Treatment. *Current pain and headache reports*, 23(3), 23. <https://doi.org/10.1007/s11916-019-0757-1>
- Wahyuddin, W., Ivanali, K., & Harun, A. (2016). Adaptasi lintas budaya modifikasi kuesioner disabilitas untuk nyeri punggung bawah (modified oswestry low back pain disability questionnaire/odi) versi indonesia. *Jurnal Ilmiah Fisioterapi*, 16(2), 5-7.
- Wáng, Y. X., Wáng, J. Q., & Káplár, Z. (2016). Increased low back pain prevalence in females than in males after menopause age: evidences based on synthetic literature review. *Quantitative imaging in medicine and surgery*, 6(2), 199–206. <https://doi.org/10.21037/qims.2016.04.06>
- Workneh, B. S., & Mekonen, E. G. (2021). Prevalence and Associated Factors of Low Back Pain Among Bank Workers in Gondar City, Northwest Ethiopia. *Orthopedic research and reviews*, 13, 25–33. <https://doi.org/10.2147/ORR.S300823>

- Wu, A., March, L., Zheng, X., Huang, J., Wang, X., Zhao, J., Blyth, F. M., Smith, E., Buchbinder, R., & Hoy, D. (2020). Global low back pain prevalence and years lived with disability from 1990 to 2017: estimates from the Global Burden of Disease Study 2017. *Annals of translational medicine*, 8(6), 299. <https://doi.org/10.21037/atm.2020.02.175>
- Wulandari, J., Yunus, M., Sulistyorini, A., & Marji, M. (2023). Hubungan lama kerja dan posisi kerja duduk dengan Musculoskeletal Disorders (MSDS) pada staf kantor proyek PT X. *Sport Science and Health*, 5(10), 1033-1046.
- Yang, H., Haldeman, S., Lu, M. L., & Baker, D. (2016). Low Back Pain Prevalence and Related Workplace Psychosocial Risk Factors: A Study Using Data From the 2010 National Health Interview Survey. *Journal of manipulative and physiological therapeutics*, 39(7), 459-472. <https://doi.org/10.1016/j.jmpt.2016.07.004>
- Ye, S., Jing, Q., Wei, C., & Lu, J. (2017). Risk factors of non-specific neck pain and low back pain in computer-using office workers in China: a cross-sectional study. *BMJ open*, 7(4), e014914. <https://doi.org/10.1136/bmjopen-2016-014914>

