

HUBUNGAN PENERAPAN POSISI ERGONOMI DAN BEBAN KERJA  
DENGAN KELUHAN LOW BACK PAIN PERAWAT DI INSTALASI BEDAH  
SENTRAL RSUD Dr. ISKAK TULUNGAGUNG

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## ABSTRACT

**Background:** Perioperative nurses in surgical wards face a high risk of experiencing Low Back Pain (LBP) due to non-ergonomic working postures and excessive workload. This condition affects the quality of nursing care and poses long-term health risks to the nurses. **Objective:** To analyze the relationship between ergonomic posture application and workload with LBP complaints among nurses in the Central Surgery Installation at RSUD dr. Iskak Tulungagung. **Method:** This study is a quantitative research using an analytic observational design with a retrospective approach. Data were collected using REBA observation sheets, workload questionnaires, and LBP questionnaires. A total of 32 nurses participated as respondents, selected through purposive sampling. The collected data were statistically analyzed using the Spearman rank correlation test. **Results:** The study showed that the majority of nurses (50%) applied low ergonomic posture scores, 59.4% experienced moderate workload, and 62.5% reported moderate LBP complaints. There was a significant relationship between ergonomic posture and LBP complaints ( $p < 0.05$ ), as well as between workload and LBP complaints ( $p < 0.05$ ). **Conclusion:** There is a significant relationship between ergonomic posture application and workload with LBP complaints among perioperative nurses. It is recommended that hospital management enhance the operational comfort of perioperative nurses and regulate workloads to maintain the quality of healthcare services.

**Keywords:** Ergonomic Posture, Workload, Low Back Pain (LBP), Perioperative Nurses.