

ABSTRAK

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Program Studi : Kedokteran Umum
Judul : Pengaruh Penggunaan Perangkat Digital Terhadap
Timbulnya Nyeri Leher Dan Bahu Pada Mahasiswa Fakultas
Kedokteran Dan Tinjauannya Menurut Pandangan Islam

Latar belakang: Penggunaan perangkat digital seperti *Personal Computer*, laptop, smartphone yang tidak memperhatikan durasi dan posisi ergonomis akan menimbulkan nyeri muskuloskeletal seperti pada leher dan bahu. **Tujuan:** Mengetahui pengaruh postur dan durasi dalam penggunaan perangkat terhadap timbulnya nyeri leher pada mahasiswa Fakultas Kedokteran Universitas Yarsi. **Metode Penelitian:** Penelitian analitik dengan pendekatan *cross sectional*. Populasi dan sampel seluruh mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2020. Jenis data adalah data primer dengan menggunakan kuesioner. Analisis data dilakukan secara univariat dan bivariat. **Hasil Penelitian:** Didapatkan 140 responden memenuhi kriteria inklusi. Berdasarkan durasi penggunaan perangkat (pengguna) didapatkan sangat sering 38,6% ; sering 29,3% ; sedang 27,9% dan 4,3% jarang. Postur pengguna 72,9% duduk bersandar; 23,6% duduk tanpa sandaran ; 3,6% berbaring. Keluhan nyeri pada leher atas pengguna, 14,3% tidak mengeluh, 40% cukup nyeri, 33,6% nyeri, dan 7,9% sangat nyeri. Untuk keluhan nyeri leher bawah 12,1% tidak mengeluh, 47,1% agak nyeri, 33,6% nyeri dan 7,1% sangat nyeri. Keluhan nyeri bahu, sebanyak 10,7% tidak mengeluh, 40% agak nyeri, 38,6% nyeri, dan 10,7% sangat nyeri. Sebagian besar responden mengalami nyeri bahu satu sisi 61,4%. Pada kelompok postur pengguna terhadap timbulnya nyeri leher atas dan bawah, serta bahu dilakukan analisis uji non-parametrik Kruskal-Wallis, dan semua hasil menunjukkan nilai p value di atas 0,05.. Untuk mengetahui perbedaan antara durasi dengan timbulnya nyeri leher atas dilakukan uji post-hoc, dan pada perbandingan kelompok durasi “sedang” dan “sering” dengan kelompok “sangat sering” terhadap timbulnya nyeri leher, hasil p value di bawah 0,05 yang berarti bermakna. **Simpulan:** Dari penelitian ini didapatkan 61,4% responden mengalami rasa nyeri bahu pada satu sisi. Postur tidak mempengaruhi terjadinya nyeri leher atas, leher bawah, dan nyeri pada bahu, sedangkan durasi lebih dari 8 jam terbukti mempengaruhi nyeri leher dan bahu pada pengguna.

Kata Kunci: Perangkat Digital, Nyeri Leher, Nyeri Bahu, Mahasiswa Fakultas Kedokteran

ABSTRACT

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Title : *The Effect Of Using Digital Devices On The Onset Of Neck And Shoulder Pain In Medical Faculty Students and Its Review from an Islamic View*

Background: The use of digital devices such as Personal Computers, laptops, smartphones that do not pay attention to the duration and ergonomic position will cause musculoskeletal pain such as in the neck and shoulders. **Objective:** To determine the effect of posture and duration of using the device on the incidence of neck pain in students of the Faculty of Medicine, University of Yarsi. **Research Method:** Analytical research with a cross sectional approach. The population and sample are all YARSI University Medical Faculty students class of 2020. The type of data is primary data using a questionnaire. Data analysis was performed using univariate and bivariate. **Research Results:** Obtained 140 respondents met the inclusion criteria. Based on the duration of use of the device (users), it is found very often 38.6%; often 29.3% ; being 27.9% and 4.3% rare. The posture of 72.9% of users is sitting reclined; 23.6% sat without back support; 3.6% lying down. Complaints of pain in the user's upper neck, 14.3% did not complain, 40% had moderate pain, 33.6% had pain, and 7.9% had very much pain. For complaints of lower neck pain, 12.1% did not complain, 47.1% had moderate pain, 33.6% had pain and 7.1% had very much pain. Complaints of shoulder pain, as much as 10.7% did not complain, 40% had some pain, 38.6% had pain, and 10.7% had very much pain. Most of the respondents experienced one-sided shoulder pain 61.4%. In the user posture group, the incidence of upper and lower neck pain, as well as the shoulders, was analyzed using the non-parametric Kruskal-Wallis test, and all results showed a p value above 0.05. To find out the difference between the duration and the onset of upper neck pain, a test was performed. post-hoc, and in the comparison of the "moderate" and "frequently" duration groups with the "very often" group regarding the incidence of neck pain, the p value results were below 0.05 which means it was significant. **Conclusion:** From this study, 61.4% of respondents experienced shoulder pain on one side. Posture does not affect the occurrence of upper neck pain, lower neck pain, and shoulder pain, while the duration of more than 8 hours has been shown to affect neck and shoulder pain in users.

Keywords: Digital Devices, Neck Pain, Shoulder Pain, Faculty of Medicine Students