

DAFTAR PUSTAKA

- Akmal, M., Kesani, A., Anand, B., Singh, A., Wiseman, M., dan Goodship, A. (2004) Effect of nicotine on spinal disc cells: a cellular mechanism for disc degeneration. *Spine*. 29 (5) 568–575.
- Anies. (2006) *Waspada Ancaman Penyakit Tidak Menular, Solusi Pencegahan dari Aspek Perilaku dan Lingkungan*. Jakarta: Penerbit PT. Elex Media Komputindo.
- Aziz, R. A., Adeyemi, A. J., Kadir, A. Z. A., Rohani, J. M., dan Rani, M. R. A. (2015) Effect of Working Posture on Back Pain Occurrence among Electronic Workers in Malaysia. *Procedia 2nd International Materials, Industrial, and Manufacturing Engineering Conference, MIMEC 2015, 4-6 February, Bali Indonesia*. 296–300.
- Beach, T. A. C., Parkinson, R. J., Stohart, J. P., dan Callaghan, J. P. (2005) Effects of Prolonged Sitting on The Passive Flexion Stiffness of The In-Vivo Lumbar Spine. *The Spine Journal*. 5, 145–154.
- Billy, G. G., Lemieux, S. K., dan Chow, M. X. (2014) Changes in Lumbar Disk Morphology Associated with Prolonged Sitting Assessed by Magnetic Resonance Imaging. *American Academy of Physical Medicine and Rehabilitation*. 6, 790–795.
- Bull, E., dan Archard, G. (2007) *Simple Guide: Nyeri Punggung*. Jakarta: Penerbit Erlangga.
- Cahyono, S. B. (2008) *Gaya Hidup dan Penyakit Modern*. Yogyakarta: Penerbit Kanisius.
- Chou, Y. C., Shih, C. C., Lin, J. G., Chen, T. L., dan Liao, C. C. (2013) Low Back Pain Associated with Sociodemographic Factors, Lifestyle, and Osteoporosis: a Population–Based Study. *Journal of Rehabilitation Medicine*. 45, 76–80.
- Coury, H. J. C. G., Moreira, R. F. C., dan Dias, N. B. (2009) Evaluation of The Effectiveness of Workplace Exercise in Controlling Neck, Shoulder, and Low Back Pain. *Brazilian Journal of Physical Therapy*. 13 (6) 461–479.
- Ekawati, (2009) *Pengaruh Postur Kerja dan Stres Kerja terhadap Nyeri Punggung Bawah Guru Taman Kanak-Kanak dan Guru Sekolah Dasar Kelas 1, 2, 3*. Tesis, Universitas Gadjah Mada.

- Fujii, T., and Matsudaira, K. (2013) Prevalence of low back pain and factors associated with chronic disabling back pain in Japan. *European Spine Journal*. 22 (2) 432-438.
- Gibson, J. (2003) *Fisiologi dan Anatomi Modern untuk Perawat*. Jakarta: Penerbit EGC.
- Global Burden of Disease Study 2013 Collaborators. (2015) Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet*, 386, 743-800.
- Gupta, N., Christiansen, C. S., Hallman, DM., Korshøj, M., Carneiro, I. G., and 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) 1-18.
- Hameed, P. S. (2013) Prevalence of Work Related Low Back Pain among The Information Technology Professionals in India – A Cross Sectional Study. *International Journal of Scientific and Technology Research*. 2 (7) 80–85.
- Harkian, Y., Dewi, D. R. L., dan Fitrianingrum, L. (2015) Hubungan antara Lama dan Sikap Duduk terhadap Kejadian Nyeri Punggung Bawah di Poliklinik Saraf RSUD Dokter Soedarso Pontianak. *Jurnal Pendidikan Dokter Kalbar*, 3 (1) 1-12.
- Harrianto, R. (2009) *Buku Ajar Kesehatan Kerja*. Jakarta: Penerbit Buku Kedokteran EGC.
- Health & Safety Executive (HSE). (2003) Beacons of Excellence in Stress Prevention. Dalam: Tarwaka (2011) *Ergonomi Industri, Dasar-dasar Pengetahuan Ergonomi dan Aplikasi di Tempat Kerja*. Surakarta: Penerbit Harapan Press.
- Iridiastadi, H., dan Yassierli. (2014) *Ergonomi Suatu Pengantar*. Bandung: PT Remaja Rosdakarya.
- Janwantanakul, P., Pensri, P., Jiamjarasrangsi, V., dan Sinsongsook, T. (2008) Prevalence of Self-Reported Musculoskeletal Symptoms among Office Workers. *Journal of Occupational Medicine*. 58, 436–438.

- Janwantanakul, P., Sitthipornvorakul, E., dan Paksaichol, A. (2012) Risk Factors for The Onset of Nonspecific Low Back Pain in Office Workers: A Systematic Review of Prospective Cohort Studies. *Journal of Manipulative and Physiological Therapeutics*. 35 (7) 568–577.
- Jeyaratnam, J., dan Koh, D. (2010) *Buku Ajar Praktik Kedokteran Kerja*. Jakarta: Penerbit Buku Kedokteran EGC.
- Katz, JN. (2006) Lumbar Disc Disorders and Low-Back Pain: Socioeconomic Factors and Consequences. *The Journal of Bone and Joint Surgery*, 88 (2) 21-24.
- Kementerian Kesehatan Republik Indonesia. (2011) *Pedoman Praktis Memantau Status Gizi Orang Dewasa* [Internet]. Tersedia dalam <<http://gizi.depkes.go.id/wp-content/uploads/2011/10/ped-praktis-stat-gizi-dewasa.doc>> [Diakses tanggal 20 September 2015].
- Kementerian Kesehatan Republik Indonesia. (2015) *Pembinaan Kesehatan Olahraga di Indonesia*. Jakarta: Pusat Data dan Informasi Kementerian Kesehatan Republik Indonesia.
- Khan, M. Y., dan Siddiqui, M. A. (2005) Prevalence of Low Back Pain in Computer Users. *Pakistan Journal of Medical Science*. 21 (2) 159–163.
- Krismer, M., dan Tulder, M. V. (2007) Low Back Pain (Non - Spesific). *Best practice and Research Clinical Rheumatology*. 21 (1) 77–91.
- Kurniawidjaja, L. M. (2012) *Teori dan Aplikasi Kesehatan kerja*. Jakarta: Penerbit Universitas Indonesia.
- Lemeshow, S., Hosmer Jr, D. W., Klar, J., dan Lwanga, S. K. (1997) *Besar Sampel dalam Penelitian Kesehatan*. Yogyakarta: Gadjah Mada University Press.
- Lis, A. M., Black, K M., Korn H., dan Nordin, M. (2007) Association between Sitting and Occupational LBP. *European Spine Journal*, 16 (2) 283-298.
- Matsudaira, K., Konishi, H., Miyoshi, K., Isomura, T., dan Inuzuka, K. (2014) Potential Risk Factors of Persistent Low Back Pain Developing from Mild Low Back Pain in Urban Japanese Workers. *Plos One*. 9 (4) 1–6.
- Matsudaira, K., Kawaguchi, M., Isomura, T., Inuzuka, K., Koga, T., Miyoshi, K., dan Konishi, H. (2015) Assessment of Psychosocial Risk Factors for The Development of Non-Specific Chronic Disabling Low Back Pain in

- Japanese Workers – Findings from the Japan Epidemiological Research of Occupation – Related Back Pain (JOB) Study. *Industrial Health J-STAGE*. 53, 568 – 377.
- Mork, P. J. M., dan Westgaard, R. H. (2009) Back Posture and Low Back Muscle Activity in Female Computer Workers: A Field Study. *Journal Clinical Biomechanics*. 24 169–175.
- Munir, S. (2012) *Analisis Nyeri Punggung Bawah pada Pekerja Bagian Final Packing dan Part Supply di PT. X*. Tesis, Universitas Indonesia.
- Nurmianto, E. (2008) *Ergonomi Konsep Dasar dan Aplikasinya*. Surabaya: Penerbit Guna Widya.
- Oha, K., Animagi, L., Paasuke, M., Coggon, D., dan Merisalu, E. (2014) Individual and Work Related Risk Factors for Musculoskeletal Pain: A cross Sectional Study among Estonian Computer Users. *BMC Musculoskeletal Disorders*. 15, 181–185.
- Omokhodion, F. O., dan Sanya, A. O. (2003) Risk Factors for Low Back Pain among office workers in Ibadan, Southwest Nigeria. *Occupational Medicine*. 53, 287–289.
- Parjoto, S. (2007) Pentingnya Memahami Sikap Tubuh Dalam Kehidupan. *Majalah Fisioterapi Indonesia*. 7 (11). Dalam: Ahmad, A., Budiman, F. (2014) Hubungan Posisi Duduk dengan Nyeri Punggung Bawah pada Penjahit Vermak Levis di Pasar Tanah Pasir Kelurahan Penjaringan Jakarta Utara. *Jurnal Forum Ilmiah*. 11 (3) 412-420.
- Pope, M. H., Goh, K. L., dan Magnusson, M. L. (2002) Spine Ergonomic. *Annual Review of Biomedical Engineering*. 4, 49–68.
- Pratrianingrum, M., Oktaliansah, E., dan Surahman, E. (2015) Prevalensi dan Faktor Risiko Nyeri Punggung Bawah di Lingkungan Kerja Anestesiologi Rumah Sakit Dr. Hasan Sadikin Bandung. *Jurnal Anestesi Operatif*. 3 (1) 47–56.
- Puspitasari, K. I. (2010) *Jadi Dokter untuk Diri Sendiri*. Yogyakarta: PT Bentang Pustaka.
- Pynt, J., Higgs, J., dan Mackey, M. (2001) Seeking The Optimal Posture of Seated Lumbar Spine. *Physiotherapy Theory and Practice*. 17 5–21.

- Rainville, J., Hartigan, C., Martinez, E., Limke, J., Jouve, C., dan Finno, M. (2004) Exercise as A Treatment for Chronic Low Back Pain. *The Spine Journal*. 4, 106–155.
- Riwidikdo, H. (2013) *Statistik Kesehatan*. Yogyakarta: Rohima Press.
- Rohlmann, A., Zander, T., Graichen, F., Dreischarf, M., dan Bergmann, G. (2011) Measured Loads on A Vertebral Body Replacement During Sitting. *The Spine Journal*. 11, 870–875.
- Samara, D. (2004) Lama dan Sikap Duduk sebagai Faktor Risiko Terjadinya Nyeri Pinggang Bawah. *Jurnal Kedokteran Trisakti*. 23 (2) 63-67.
- Samara, D., Basuki, B., dan Jannis, J. (2005) Duduk Statis sebagai Faktor Risiko Terjadinya Nyeri Punggung Bawah pada Pekerja Perempuan. *Universa Medicina*. 24 (2) 73–79.
- Santoso, G. (2004) *Ergonomi (Manusia, Peralatan, dan Lingkungan)*. Jakarta: PT. Prestasi Pustakarya.
- Santoso, G. (2013) *Ergonomi Terapan*. Jakarta: PT Prestasi Pustakarya.
- Seaman, D.R. (2013) Body Mass Index and Musculoskeletal Pain: Is There a Connection?. *Chiropractic and Manual Therapies* [Internet]. Tersedia dalam <<http://www.chiromt.com>> [Diakses tanggal 16 Desember 2015].
- Shariat, A., Tamrin, S. B. M., Arumugam, M., Danaee, M., Ramasamy, R. (2016) Musculoskeletal Disorders and Their Relationship with Physical Activities among Office Workers: A Review. *Malaysian Journal of Public Health Medicine*. 16 (1) 62–74.
- Sharma, M. K., dan Petrukhina, E. (2013) Strong Association of Smoking with Lumbar Degenerative Spine Disease. *The Open Neurosurgery Journal*. 6 6–17.
- Shiri, R., Karppinen, J., Arjas, P. L., Solovieva, S., dan Juntura, E. V. (2009) The Association Between Obesity and Low Back Pain: A Meta-Analysis. *American Journal of Epidemiology*. 171 (2) 135–154.
- Silva, C., Barros, C., Cunha, L., Carnide, F., dan Santos, M. (2016) Prevalence of Back Pain Problems in Relation to Occupational Group. *International Journal of Industrial Ergonomics*. 52, 52–58.
- Sitthipornvorakul, E., Janwantanakul, P., Purepong, N., Pensri, P., dan Beek, A. J. V. D. (2011) The Association between Physical Activity and Neck and

Low Back Pain: A Systematic Review. *European Spine Journal*. 20, 677–689.

Sudirman, dan Suma'mur, P.K. (2014) *Kesehatan Kerja dalam Perspektif Hiperkes dan Keselamatan Kerja*. Jakarta: Penerbit Erlangga.

Sugiyono. (2009) *Metode Penelitian Administrasi*. Bandung: CV. Alfa Beta.

Suma'mur, P.K. (2013) *Higiene Perusahaan dan Kesehatan Kerja (Hiperkes)*. Edisi 2. Jakarta: Penerbit Sagung Seto.

Sumekar, D. W. RW., dan Natalia, D. (2010) Nyeri Punggung pada Operator Komputer akibat Posisi dan Lama Duduk. *Majalah Kedokteran Bandung*. 42 (3) 123–127.

Tana, L., dan Halim, F. X. S. (2011) Determinan Nyeri Pinggang pada Tenaga Paramedis di Beberapa Rumah Sakit di Jakarta. *Journal of The Indonesian Medical Association*. 61(4) 155–160.

Tarwaka. (2011) *Ergonomi Industri, Dasar-dasar Pengetahuan Ergonomi dan Aplikasi di Tempat Kerja*. Surakarta: Penerbit Harapan Press.

Vassilaki, M., dan Hurwitz E.L. (2014) Insight in Public Health, Perspective on Pain in The Low Back and Neck: Global Burden, Epidemiology, and Management. *Hawai'i Journal of Medicine and Public Health*, 3 (4) 122-126.

Vitriana. (2001) *Aspek Anatomi dan Biomekanik Tulang Lumbosakral dalam Hubungannya dengan Nyeri Pinggang*. [Internet]. Tersedia dalam <<http://pustaka.unpad.ac.id>> [diakses tanggal 28 Desember 2015].

Waongenngarm, P., Rajaratnam, BS., dan Janwantanakul, P. (2015) Perceived Body Discomfort and Trunk Muscle Activity in Three Prolonged Sitting Postures. *Journal Physical Therapy Science*. 27 (7) 2183-2187.

Williams, J. S., Ng, N., Peltzer, K., Yawson., Biritwum, R., MAximova, T., Wu, F., Arokiasamy, P., Kowal, P., dan Chatterji, S.(2015) Risk Factors and Disability Associated with Low Back Pain in Older Adults in Low- and Middle-Income Countries. Results from the WHO Study on Global AGEing and Adult Health (SAGE). *Plos One* 10 (6) 1-21.

Yilmaz, E., dan Dedeli, O. (2012) Effect of Physical and Psychological Factors on Occupational Low Back Pain. *Health Science Journal*. 6 (4) 598–609.

- Yue, P., Liu, F., dan Li, L. (2012) Neck/shoulder Pain and Low Back Pain among School Teachers in China, Prevalence and Risk Factors. *BMC Public Health* [Internet]. Tersedia dalam <<http://www.biomedcentral.com/1471-2458/12/789>> [Diakses tanggal 20 September 2015].
- Zemp, R., Fliesser, M., Wippert, P. M., Taylor, W. R., dan Lorenzetti, S. (2016) Occupational Sitting Behaviour and Its Relationship with Back Pain – A Pilot Study. *Applied Ergonomic*. 56, 84–91.