

## ABSTRAK

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### **Hubungan Posisi Duduk Dengan Kejadian *Forward Head Posture* Pada Siswa SDN 02 Pekiringanalit**

**Pendahuluan :** Posisi duduk *non ergonomis* pada siswa sangat mengganggu kegiatan pembelajarannya, siswa sering kali duduk dengan postur tubuh buruk seperti posisi duduknya yang membungkuk. Salah satu faktor resiko gangguan postur anak sekolah yaitu *Forward Head Posture* (FHP). Ketika kepala terdorong lebih maju dari tulang belakang *servikal*, menyebabkan ketegangan otot leher disebut *Forward Head Posture* (FHP). Penelitian ini bertujuan untuk mengetahui hubungan posisi duduk dengan kejadian *forward head posture* pada siswa SDN 02 Pekiringanalit.

**Metode:** Penelitian ini menggunakan desain penelitian kuantitatif korelasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* berdasarkan kriteria dengan jumlah 70 responden, kelas 5 & 6. Instrumen penelitian posisi duduk menggunakan Aplikasi APECS dengan nilai validitas dan reliabilitas ( $ICC > 0,90$ ,  $p < 0,01$ ), *Worksheet* RULA dengan nilai validitas dan reliabilitas ( $r = 0,799$ ,  $p < 0,01$ ), dan nilai kappa 0,20. Sedangkan pengukuran *Forward head posture* (FHP) menggunakan *goniometer* (CVA) dengan nilai validitas dan reliabilitas ( $ICC = 0,822$ ,  $P > 0,01$ ). Penelitian ini dilakukan tanggal 20-21 juli 2024 selama 2 hari, Data dianalisis dengan uji *spearman rho*.

**Hasil:** Hasil penelitian berdasarkan uji *spearman rho* hubungan posisi duduk dengan kejadian *Forward Head Posture* didapatkan *p-value* 0,046 ( $<0,05$ ) dengan koefisien korelasi sebesar 0,240 menunjukkan bahwa arah korelasi positif dengan kekuatan korelasi sangat lemah.

**Diskusi:** Ada hubungan antara Posisi duduk dengan *kejadian Forward Head Posture* pada Siswa SDN 02 Pekiringanalit. Diperlukan fasilitas yang *ergonomi* pada meja dan kursi di sekolah tersebut, serta upaya kesadaran diri siswa terkait penerapan postur tubuh yang benar.

**Kata Kunci:** FHP, CVA, posisi duduk, APECS, RULA.

**Daftar Pustaka:** 44 (2015-2024)

## ABSTRACT

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***The Correlation Between Sitting Position and the Incidence of Forward Head Posture in Students at SDN 02 Pekiringanalit***

**Introduction:** Non-ergonomic sitting positions among students significantly disrupt their learning activities. The students are often sitting in poor postures, such as slouching. One risk factor for posture problems in schoolchildren is Forward Head Posture (FHP). This condition occurs when the head protrudes forward of the cervical spine, causing neck muscle tension, and is referred to as Forward Head Posture (FHP). This study aims to determine the correlation between sitting position and the incidence of Forward Head Posture in students at SDN 02 Pekiringanalit.

**Methods:** This study used a quantitative correlational research design with a cross-sectional approach. The sampling technique was purposive sampling based on specific criteria, involving 70 respondents from grades 5 and 6. The instruments used for assessing sitting position included the APECS Application with validity and reliability values ( $ICC > 0.90$ ,  $p < 0.01$ ) and the RULA Worksheet with validity and reliability values ( $r = 0.799$ ,  $p < 0.01$ ) and a kappa value of 0.20. Forward Head Posture (FHP) was measured using a goniometer (CVA) with validity and reliability values ( $ICC = 0.822$ ,  $p > 0.01$ ). The study was conducted on July 20-21, 2024, over two days, with data analyzed using the Spearman's rho test.

**Results:** The results of the Spearman's rho test showed a p-value of 0.046 ( $< 0.05$ ) with a correlation coefficient of 0.240, indicating a positive correlation with very weak correlation strength.

**Discussion:** There is a correlation between sitting position and the incidence of Forward Head Posture in students at SDN 02 Pekiringanalit. Ergonomic facilities for desks and chairs are needed at the school, along with efforts to raise students' awareness about adopting correct body posture.

**Keywords:** FHP, CVA, sitting position, APECS, RULA

**Bibliography:** 44 (2015-2024)