

DAFTAR PUSTAKA

- Alam, Md. M., Rahman, Md. M., Ali, Kh. M., Hasan, Md. R., Ghosh, T. K., Alam, Md. A., & Aziz, Md. A. (2025). Functional Outcome Measures in Acute Low Back Pain Patients in Follow up. *Medicine Today*, 37(1), 123–126. <https://doi.org/10.3329/medtoday.v37i1.79491>
- Albulescu, P., Macsinga, I., Rusu, A., Sulea, C., Bodnar, A., & Tulbure, B. T. (2022). “Give me a break!” A systematic review and meta-analysis on the efficacy of micro-breaks for increasing well-being and performance. *PLOS ONE*, 17(8), 1–27. <https://doi.org/https://doi.org/10.1371/journal.pone.0272460>
- Alghadir, A. H., Anwer, S., Iqbal, A., & Iqbal, Z. A. (2018). Test-retest reliability, validity, and minimum detectable change of visual analog, numerical rating, and verbal rating scales for measurement of osteoarthritic knee pain. *Journal of Pain Research*, 11, 851–856. <https://doi.org/10.2147/JPR.S158847>
- Ambari, A. A. T. (2025). Systemetic Literature Review : Pengaruh Effleurage Massage terhadap Nyeri Persalinan. *SEHATRAKYAT (Jurnal Kesehatan Masyarakat)*, 4(2), 278–286. <https://doi.org/10.54259/sehatrakyat.v4i2.4334>
- Anghel, M., Argesanu, V., Talpos-Niculescu, C., & Lungeanu, D. (2024). Musculoskeletal disorders (MSDs)-Consequences of prolonged static posture. *Journal of Experimental Medical & Surgical Research*, (4), 167–172. https://www.researchgate.net/publication/309104152_Musculoskeletal_disorders_MSds-Consequences_of_prolonged_static_postures
- Aprianto, B., Hidayatulloh, A. F., Zuchri, F. N., Seviana, I., & Amalia, R. (2021). Faktor Risiko Penyebab Musculoskeletal Disorders (MSDs) pada Pekerja : A Systematic Review. *JURNAL KESEHATAN TAMBUSAI*, 2(2), 16–25. <https://doi.org/https://doi.org/10.31004/jkt.v2i2.1767>
- Arti, W., & Widanti, H. N. (2024). *Buku Ajar Pemeriksaan dan Pengukuran Fisioterapi Muskuloskeletal*. <https://www.scribd.com/document/715218926/1404-Article-Text-6584-3-10-20240108>
- Bahrudin, M. (2017). PATOFISIOLOGI NYERI (PAIN). *Saintika Medika: Jurnal Ilmu Kesehatan Dan Kedokteran Keluarga*, 13(1), 1–7. <https://doi.org/https://doi.org/10.22219/sm.v13i1.5449>
- Bai, J., & Song, A. (2019). Development of a Novel Home Based Multi-Scene Upper Limb Rehabilitation Training and Evaluation System for Post-Stroke Patients. *IEEE Access*, 7, 9667–9677. <https://doi.org/10.1109/ACCESS.2019.2891606>
- Begum, Mst. R., & Hossain, M. A. (2019). Validity and Reliability of Visual Analogue Scale (VAS) for Pain Measurement. *Journal of Medical Case Reports and Reviews*, 2(11), 394–402. <https://jmcrr.info/index.php/jmcrr/article/view/44>

- Bufacchi, V. (2020). Justice as Non-maleficence. *Theoria*, 67(162), 1–27. <https://doi.org/10.3167/th.2020.6716201>
- Cleveland Clinic. (2022, January 18). *Cervical Spine*. <https://my.clevelandclinic.org/health/articles/22278-cervical-spine>
- Cleveland Clinic. (2024, September 18). *Trapezius Muscle*. <https://my.clevelandclinic.org/health/body/21563-trapezius-muscle>
- Cleveland Clinic. (2025, February 11). *Neck Muscle*. <http://my.clevelandclinic.org/health/body/21670-neck-muscles>
- Danur, S. M. B., Wahyu, A., & Thamrin, Y. (2022). Hubungan Postur Kerja dan Masa Kerja terhadap Keluhan Muskuloskeletal pada Pengemudi Bus. *Hasanuddin Journal of Public Health*, 3(2), 166–178. <https://doi.org/http://dx.doi.org/10.30597/hjph.v3i2.21894>
- Donianto, F. (2024, May 28). *Begini Tugas Seorang Penyiar Radio*. <https://rri.co.id/lain-lain/719864/begini-tugas-seorang-penyiar-radio>
- Drizi, I., Moutzouri, M., Sourtzi, P., & Sakellari, V. (2023). Microbreak Exercise Interventions on Middle-Aged Office Workers: A Systematic Review. *Preprints.Org*, 1–17. https://doi.org/https://doi.org/10.20944/preprints202307.0505.v1?urlappend=%3Futm_source%3Dresearchgate
- Evadarianto, N. (2017). Postur Kerja dengan Keluhan Musculoskeletal Disorders pada Pekerja Manual Handling Bagian Rolling Mill. *The Indonesian Journal of Occupational Safety and Health*, 6(1), 97–106. <https://doi.org/10.20473/ijosh.v6i1.2017.97-106>
- Fatmawati, V., & Khotimah, S. (2015). Hubungan antara Lama Duduk dan Sikap Duduk dengan Keluhan Nyeri Punggung Bawah pada Pengrajin Batik Kayu di Desa Wisata Kreet Bantul, Yogyakarta. *Jurnal Fisioterapi*, 15(2), 105–111. <https://doi.org/https://doi.org/10.47007/fisio.v15i2.1433>
- Fawzy, A. M. F., Ismail, Z. N. E., Fattah, M. A. A., & Abdellatif, M. A. (2025). Validation of the Arabic version of the Neck Pain and Disability Scale in patients with chronic neck pain. *Egyptian Rheumatology and Rehabilitation*, 52(52), 1–9. <https://doi.org/10.1186/s43166-025-00347-z>
- Ginting, D. S., Indriani, R., Andera, N. ayu, Sendra, E., Rini, D. S., Setiyorini, E., Kartini, Juwariah, T., Kusumaningrum, V., Milasari, & Sulupadang, P. (2022). Anatomi Fisiologi Tubuh Manusia. In M. Sari & R. M. Sahara (Eds.), *PT GLOBAL EKSEKUTIF TEKNOLOGI*. PT GLOBAL EKSEKUTIF TEKNOLOGI.
- Humaira, N. F., Irawan, D. S., & Syahri, R. (2025). Edukasi Dampak Posisi Statis Terhadap Work-Related Musculoskeletal Disorder (WMSDs) dengan Keluhan Back Pain di Pelatihan Kerja Tata Busana. *JURNAL PENGABDIAN MASYARAKAT BANGSA*, 3(3), 565–572. <https://doi.org/https://doi.org/10.59837/jpmba.v3i3.2261>

- Hutabarat, Y. (2017). DASAR DASAR PENGETAHUAN ERGONOMI. In T. M. Publishing (Ed.), *Media Nusa Creative*. Media Nusa Creative.
- Inayah, D., Marlian, N., & Setiawan, G. A. I. (2024). Analisa Risiko Terjadinya Gangguan Work-Related Musculoskeletal Disorders (WMSDs) pada Pekerja Unit Central Sterile Supplay Departement RS PKU Muhammadiyah Yogyakarta. *Media Physiotherapy Journal of Science*, 1(2), 44–56. <https://doi.org/https://doi.org/10.64094/sbwd9144>
- Isho, T., & Usuda, S. (2016). Association of trunk control with mobility performance and accelerometry-based gait characteristics in hemiparetic patients with subacute stroke. *Gait and Posture*, 44, 89–93. <https://doi.org/10.1016/j.gaitpost.2015.11.011>
- Kahraman, T., Göz, E., & Genç, A. (2017). The association between self-reported low back pain and lower limb disability as well as the association between neck pain and upper limb disability. *AGRI PAIN*, 29(1), 1–8. <https://doi.org/10.5505/agri.2016.65668>
- Kenwa, K. W. M., Putra, I. G. N. P., & Purwata, T. E. (2018). Hubungan antara Penggunaan Telepon Pintar dengan Kejadian Nyeri Leher pada Individu Dewasa Muda. *CALLOSUM NEUROLOGY*, 1(3), 75–79. <https://doi.org/10.29342/cnj.v1i3.26>
- Kersten, R. F. M. R., Fikkers, J., Wolterbeek, N., Öner, F. C., & Van Gaalen, S. M. (2021). Are the Roland Morris Disability Questionnaire and Oswestry Disability Index interchangeable in patients after lumbar spinal fusion? *Journal of Back and Musculoskeletal Rehabilitation*, 34, 605–611. <https://doi.org/10.3233/BMR-200206>
- Lecturio. (2024, May 17). *Pain: Types and Pathways*. <https://app.lecturio.com/#/article/3862>
- Lonica, T., Oktaria, S., Makmur, T., & Soedjatmiko, P. (2020). Hubungan Kualitas Nyeri Dengan Aktivitas Fungsional Pada Pasien Osteoarthritis Genu. *Jurnal Kedokteran Ibnu Nafis*, 9(2), 56–64.
- Maharani, S., & Bernard, M. (2018). Analisis Hubungan Resiliensi Matematik terhadap Kemampuan Pemecahan Masalah Siswa pada Materi Lingkaran. *Jurnal Pembelajaran Matematika Inovatif*, 1(5), 819–826.
- Merdekawati, D., Dasuki, D., & Melany, H. (2019). Perbandingan Validitas Skala Ukur Nyeri VAS dan NRS Terhadap Penilaian Nyeri di IGD RSUD Raden Mattaher Jambi. *Riset Informasi Kesehatan*, 7(2), 114. <https://doi.org/10.30644/rik.v7i2.168>
- MF, M. Yusuf., Febiyanti, M., Kurnia, R., & Kusuma, G. D. N. (2023). Studi Risiko Ergonomi dan Keluhan Subjektif Work-Related Musculoskeletal Disorders (WMSDs) pada Penjahit di Kota Tanjungpinang. *Jurnal Teknologi Dan Manajemen Industri Terapan*, 2(3), 224–233. <https://doi.org/https://doi.org/10.55826/tmit.v2i3.271>

- Mufti, G. R., Tambajong, H. F., & Lalenoh, D. (2016). Gambaran skala visual analog dan hemodinamik pada pasien yang diberikan kombinasi tramadol dan ketorolak pasca bedah laparotomi. *Jurnal e-Clinic (eCl)*, 4(1), 1–7.
- MyPhysio Evolution. (2023, November 4). *What is the thoracic spine and why is it important?* <https://myphysio.physio/what-is-the-thoracic-spine-and-why-is-it-important/>
- Nayak, M. S. D. P., & Narayan, K. A. (2019). Strengths and weaknesses of online surveys. *IOSR Journal of Humanities and Social Sciences (IOSR-JHSS)*, 24(5), 31–38. <https://doi.org/10.9790/0837-2405053138>
- Novia, D. H., & Simbolon, B. R. (2019). Strategi Komunikasi Penyiar Radio SLA FM 105.6 MHz Takengon Kabupaten Aceh Tengah dalam Meningkatkan Minat Pendengar. *JURNAL SOCIAL OPINION*, 4(1), 1–13. <https://jurnal.universitaskaduna.ac.id/socialopinion/article/view/236>
- Okky Gusma, E., Sunarto, G., Adityasiwi, G. L., Khenda, N. A., & Susanto, N. A. P. (2026). Pengaruh Workplace Stretching Melalui Microbreak 5 Menit Terhadap Penurunan Keluhan Nyeri Punggung Bawah Pada Pengrajin Sepatu. *JURNAL KESEHATAN TAMBUSAI*, 7(1), 256–263.
- Pasaribu, R. S., Rahmadhani, A., & Puspitawati, R. (2023). Kolumna Vertebral sebagai Parameter Estimasi Usia dan Determinasi Jenis Kelamin. *Medical Scope Journal*, 5(2), 294–304. <https://doi.org/https://doi.org/10.35790/msj.v5i2.49892>
- Pratama, A. R. (2022). Kualitas Profesionalisme Penyiar Radio Jakarta Islamic Centre 107.7 FM dalam Program Bincang Bisnis Muslim (BBM). *Komunika: Journal of Communication Science and Islamic Dakwah*, 6(1), 6–21. <https://doi.org/10.32832/komunika.v6i1.6397/>
- Putri, F., Nazhira, F., Nur 'amaliyah, M., & Romadona, I. A. (2023). Prevalensi Resiko Ergonomi pada Kejadian Musculoskeletal Disorders (MSDs) di Sektor Perkantoran Indonesia. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 9(1), 32–36. <https://doi.org/https://doi.org/10.33023/jikep.v9i1.1395>
- Putri, R. O., Jayanti, S., & Kurniawan, B. (2021). Hubungan Postur Kerja dan Durasi Kerja dengan Keluhan Nyeri Otot pada Pekerja Pabrik Tahu X di Kota Semarang. *Jurnal Kesehatan Masyarakat (Undip)*, 9(6), 733–740. <https://doi.org/10.14710/jkm.v9i6.31300>
- Radwan, A., Barnes, L., DeResh, R., Englund, C., & Gribanoff, S. (2022). Effects of active microbreaks on the physical and mental well-being of office workers: A systematic review. *Cogent Engineering*, 9(1), 1–19. <https://doi.org/https://doi.org/10.1080/23311916.2022.2026206>
- Ramdhan, S., Yuly, P., Nurwijayanti, & Orisa, E. (2024). Analisa Hubungan Body Working Posture, Work Ability dan Quality of Life dengan Work-Related Musculoskeletal Disorders pada Petugas Pemadam Kebakaran. *Media Physiotherapy Journal of Science*, 1(2), 73–83. <https://doi.org/10.64094/mqev8k17>

- Rusdianah, M., & Witarti, D. iswardani. (2021). Pengelolaam Kesan Penyiar Radio: Studi Dramaturgi Erving Goffman pada Indra “THE RAIN” Penyiar Program Malam-Malam I-RADIO 89.6 FM Jakarta. *PANTAREI*, 5(2), 1–8. <https://jom.fikom.budiluhur.ac.id/index.php/Pantarei/article/view/668>
- Saarikkomäki, E. (2015). Perceptions of Procedural Justice among Young People: Narratives of Fair Treatment in Young People’s Stories of Police and Security Guard Interventions. *British Journal of Criminology*, (6), 1–19. <https://doi.org/10.1093/bjc/azv102>
- Sant’Ana, W. V., & Medeiros, A. S. de. (2025). Active break program: an evidence-based review for the promotion of occupational health. *Rev Bras Med Trad*, 23(4), 1–14. <https://doi.org/10.47626/1679-4435-2025-1488>
- Santosa, A., Widyadharna, I. P. E., & Purwata, T. E. (2016). Korelasi Lama Duduk dengan Nyeri Punggung Bawah pada Pekerja Hotel The Grand Santhi Denpasar. *E-JURNAL MEDIKA*, 5(10), 1–5. <http://ojs.unud.ac.id/index.php/eum/article/view/24115>
- Sari, E. N., Handayani, L., & Saufi, A. (2017). Hubungan Antara Umur dan Masa Kerja dengan Keluhan Musculoskeletal Disorders (MSDs) pada Pekerja Laundry. *Jurnal Kedokteran Dan Kesehatan*, 13(2), 183–193. <https://doi.org/https://doi.org/10.24853/jkk.13.2.183-194>
- Sari, I. P., & Faridah. (2023). Pengaruh Mc. Kenzie Cervical Exercise terhadap Nyeri Leher pada Pembatik. *Quality: Jurnal Kesehatan*, 17(1), 19–24. <https://doi.org/10.36082/qjk.v17i1.862>
- Siahaan, S. A., Zulkarnain, & Erwansyah, R. (2025). PKM Pengaruh Neck Stretching Exercise terhadap Penurunan Nyeri Tekan Leher pada Pegawai Kantor Camat Medan Petisah. *Jurnal Pengabdian Kepada Masyarakat Digital (JUPED)*, 4(4), 8–13.
- Sortino, M., Trovato, B., Zanghi, M., Roggio, F., & Musumeci, G. (2024). Active Breaks Reduce Back Overload during Prolonged Sitting: Ergonomic Analysis with Infrared Thermography. *Journal of Clinical Medicine*, 13(3178), 1–14. <https://doi.org/10.3390/jcm13113178>
- Stevens, M. L., Lin, C. C.-W., & Maher, C. G. (2016). The Roland Morris Disability Questionnaire. *Journal of Physiotherapy*, 62(2), 116. <https://doi.org/10.1016/j.jphys.2015.10.003>
- Sudaryanto, Erawan, T., Nugraha, R., Hasbiah, & Usman, N. (2024). Penambahan Core Stability pada Proprioceptive Neuromuscular Facilitation untuk Memperbaiki Kemampuan Ambulasi Pasien Hemiparese Pasca Stroke. *Jurnal Penelitian Kesehatan Suara Forikes*, 15(1), 159–162. <https://doi.org/10.33846/sf15132>
- Suherman, U., Kasim, F., & Karokaro, T. M. (2023). Efektivitas Ketersediaan Layanan Fisioterapi di Puskesmas Bukit Indah Kecamatan Muara Papalik Kabupaten Tanjung Jabung Barat Provinsi Jambi. *Jurnal Akademika*

- Susilawati, I., Primayanti, I., & Yundarwati, S. (2019). Pengaruh Latihan Penguatan Otot Punggung (Back Exercise) untuk Mencegah Nyeri Punggung (Back Pain) pada Dosen dan Karyawan IKIP Mataram. *Jurnal Ilmu Sosial Dan Pendidikan*, 3(1), 276–281. <https://doi.org/http://dx.doi.org/10.58258/jisip.v3i1.862>
- Taufandas, M., & Norzanah, S. (2025). Efektivitas Terapi Relaksasi Autogenik Untuk Menurunkan Tingkat Nyeri Pasien Post Laparatomi Di Ruang Bedah RSUD Selong. *JURNAL KESEHATAN NUSANTARA INDONESIA*, 2(1), 120–142. <https://ojs.gelcipnus.org/index.php/jkni>
- Townsend, L., Wallace, C., & Harte, D. (2016). *Social Media Research: A Guide to Ethics*.
- Usman, R. A., Quamila, A., & Dom, M. (2025). Pendidikan Kesehatan Mengenai Ergonomic Kerja Menuju Healty Working. *Jurnal Pustaka Mitra*, 5(3), 133–137. <https://doi.org/https://doi.org/10.55382/jurnalpustakamitra.v5i3.879>
- Wahyuningrum, S. R., Putri, A. P., & Jamaluddin, M. (2021). Pre-Experimental Design Bimbingan Kelompok dengan Teknik Assertive Training dalam Peningkatan Keterampilan Komunikasi Siswa di SMK Kesehatan Nusantara. *Jurnal Penelitian Ilmu Sosial dan Keagamaan Islam*, 18, 14. <https://doi.org/https://doi.org/10.19105/nuansa.v18i1.4242>
- WANI Dictionary. (2022, June 15). *Visual analog scale (VAS)*. <https://sci-wani.com/dictionary/v/vas>
- Widowati, H., & Rinata, E. (2020). *BUKU AJAR ANATOMI* (S. M. F. Hanum, Ed.). UMSIDA Press.
- Wulandari, C., & Efendi, D. (2022). Pengaruh Profitabilitas terhadap Nilai Perusahaan dengan Corporate Social Responsibility sebagai Variabel Moderasi. *Jurnal Ilmu dan Riset Akuntansi*, 11(6), 1–15.
- Wulandari, J., Yunus, Moch., Sulistyorini, A., & Marji. (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. <https://doi.org/https://doi.org/10.17977/um062v5i102023p1033-1046>
- Yani, F., Anniza, M., & Priyanka, K. (2020). Hubungan Masa Kerja Dan Lama Kerja Dengan Nyeri Leher Pada Pembatik Di Sentra Batik Giriloyo. *Jurnal Ergonomi Indonesia (The Indonesian Journal of Ergonomic)*, 6, 31–36. <https://doi.org/10.24843/jei.2020.v06.i01.p04>
- Yao, M., Xu, B., Tian, Z., Ye, J., Zhang, Y., Wang, Y., & Cui, X. (2019). Cross-cultural adaptation of the Neck Pain and Disability Scale: a methodological systematic review. *The Spine Journal*, 19, 1057–1066. <https://doi.org/10.1016/j.spinee.2019.01.007>

Yip, C., Han, N.-L. R., & Sng, B. L. (2016). Legal and ethical issues in research. *Indian Journal of Anaesthesia*, 60(9), 684–688. <https://doi.org/10.4103/0019-5049.190627>

Yudiyanta, Khoirunnisa, N., & Novitasari, R. W. (2015). Assessment Nyeri. *Cermin Dunia Kedokteran*, 42(3), 214–234. <https://doi.org/https://doi.org/10.55175/cdk.v42i3.1034>

