DAFTAR PUSTAKA

1. Institute for Health Metrics and Evaluation. Low back pain — Level 3 cause. 2019;396:2019–20. Available from: http://www.healthdata.org/results/gbd_summaries/2019/low-back-pain-level-3-cause

2. Purwata TE, Sadeli HA, Yudiyanta, Anwar Y, Amir D, Asnawi C, et al. Characteristics of neuropathic pain in indonesia: A hospital based national clinical survey. Neurol Asia. 2015;20(4):389–94.

3. Years of healthy life lost due to disability (YLD) [Internet]. [cited 2021 Sep 21]. Available from: https://www.who.int/data/gho/indicator-metadata-registry/imr-details/160

4. Dutmer AL, Schiphorst Preuper HR, Soer R, Brouwer S, Bültmann U, Dijkstra PU, et al. Personal and Societal Impact of Low Back Pain: The Groningen Spine Cohort. Spine (Phila Pa 1976). 2019 Dec 15;44(24):E1443–51.

5. Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, et al. What low back pain is and why we need to pay attention. Lancet. 2018;391(10137):2356–67.

6. NINDS. Low Back Pain Fact Sheet _ National Institute of Neurological Disorders and Stroke [Internet]. National Institutes of Health. 2020. Available from: https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet

7. Su CA, Kusin DJ, Li SQ, Ahn UM, Ahn NU. The Association Between Body Mass Index and the Prevalence, Severity, and Frequency of Low Back Pain: Data From the Osteoarthritis Initiative. Spine (Phila Pa 1976). 2018 Jun 15;43(12):848–52.

8. Muthuri S, Cooper R, Kuh D, Hardy R. Do the associations of body mass index and waist circumference with back pain change as people age? 32 years of follow-up in a British birth cohort. BMJ Open. 2020 Dec 1;10(12):e039197.

9. Hashimoto Y, Matsudaira K, Sawada SS, Gando Y, Kawakami R, Sloan RA, et al. Association between objectively measured physical activity and body mass index with low back pain: a large-scale cross-sectional study of Japanese men. BMC Public Health. 2018 Mar 9;18(1).

10. Vos T, Lim SS, Abbafati C, Abbas KM, Abbasi M, Abbasifard M, et al. Global burden of 369 diseases and injuries in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. Lancet. 2020 Oct 17;396(10258):1204–22.

11. Zachary Z, Brianna F, Brianna L, Garrett P, Jade W, Alyssa D, et al. Self-quarantine and weight gain related risk factors during the COVID-19 pandemic. Obes Res Clin Pract. 2020 May 1;14(3):210–6.

12. Sidor A, Rzymski P. Dietary choices and habits during COVID-19 lockdown: Experience from Poland. Nutrients. 2020;12(6):1–13.

13. Jalal SM, Beth MRM, Al-Hassan HJM, Alshealah NMJ. Body mass index, practice of physical activity and lifestyle of students during covid-19 lockdown. J Multidiscip Healthc. 2021;14(July):1901–10.

14. Sardjoko S, Ariawan I, Riono P, Farid MN, Jusril H, Wahyuningsih W, et al. Proyeksi COVID-19 di Indonesia. Direktorat Kesehat dan Gizi Masyarakat, Kedeputian Pembang Manusia, Masy dan Kebudayaan, Kementeri PPN/Bappenas. 2021 Feb.

15. Duthey B. Background Paper 6.24 low back pain. World Heal Organ. 2013 Mar 15.

16. Hoy D, March L, Brooks P, Blyth F, Woolf A, Bain C, et al. The global burden of low back pain: estimates from the Global Burden of Disease 2010 study. Ann Rheum Dis. 2014;73(6):968–74.

17. Zaina F, Balagué F, Battié M, Karppinen J, Negrini S. Low back pain rehabilitation in 2020: New frontiers and old limits of our understanding. Eur J Phys Rehabil Med. 2020;56(2):212–9.

18. Ehrlich GE, Khaltaev NG, World Health Organization. Chronic Respiratory Diseases and Arthritis Team. Low Back Pain Initiative. World Heal Organ. 1999.

19. Allegri M, Montella S, Salici F, Valente A, Marchesini M, Compagnone C, et al. Mechanisms of low back pain: a guide for diagnosis and therapy. F1000Research. 2016 Oct 11;5:1530.

20. Urits I, Burshtein A, Sharma M, Testa L, Gold PA, Orhurhu V, et al. Low Back Pain, a Comprehensive Review: Pathophysiology, Diagnosis, and Treatment. Curr Pain Headache Rep. 2019 Mar 1;23(3):1–10.

21. Jameson JL, Fauci AS, Kasper DL, Hauser SL, Longo DL, Loscalzo J. Harrison's Principles of Internal Medicine. 20th ed. McGraw-Hill Education; 2018.

22. Hayashi Y. Classification, diagnosis, and treatment of low back pain. Japan Med Assoc J. 2004;45(5):227–33.

23. Salzberg L. The Physiology of Low Back Pain. Prim Care Clin Off Pract. 2012 Sep 1;39(3):487–98.

24. Ehrlich GE. Low back pain. Bull World Health Organ. 2003;81(9):671–6.

25. Çakıt E. Ergonomic Risk Assessment using Cornell Musculoskeletal Discomfort Questionnaire in a Grocery Store. Ergon Int J. 2019;3(6).

26. Erdinç O, Hot K, Özkaya M. Cross-cultural adaptation, validity and reliability of Cornell Musculoskeletal Discomfort (CMDQ) in Turkish Language. 2008;2–14.

27. Pauli J, Starkweather A, Robins JL. Screening Tools to Predict the Development of Chronic Low Back Pain: An Integrative Review of the Literature. Pain Med (United States). 2019;20(9):1651–77.

28. Robinson HS, Dagfinrud H. Reliability and screening ability of the StarT Back screening tool in patients with low back pain in physiotherapy practice, a cohort study. BMC Musculoskelet Disord. 2017 May 31;18(1).

29. Kuorinka I, Jonsson B, Kilbom A, Vinterberg H, Biering-Sørensen F, Andersson G, et al. Standardised Nordic questionnaires for the analysis of musculoskeletal symptoms. Appl Ergon. 1987;18(3):233–7.

30. Crawford JO. The Nordic Musculoskeletal Questionnaire. Occup Med (Chic Ill). 2007;(57):300–1.

31. Chairani A. Validity and Reliability Test of the Nordic Musculoskeletal Questionnaire With Formal and Informal Sector Workers. 2020;100–6.

32. Linton SJ, Boersma K. Early identification of patients at risk of developing a persistent back problem: The predictive validity of the Örebro musculoskeletal pain questionnaire. Clin J Pain. 2003;19(2):80–6.

33. Wahyudin. Adaptasi Lintas Budaya Modifikasi Kuesioner Disabilitas Untuk Nyeri Punggung Bawah (Modified Oswestry Low Back Pain Disability Questionnaire/ODI) Versi Indonesia. J Fisioter. 2016;1:5–7.

34. Kopec JA, Esdaile JM, Abrahamowicz M, Abenhaim L, Wood-Dauphinee S, Lamping DL, et al. The Quebec Back Pain Disability Scale. Measurement properties. Spine (Phila Pa 1976). 1995;20(3):341–52.

35. Smeets R, Köke A, Lin CW, Ferreira M, Demoulin C. Measures of function in low back pain/disorders: Low Back Pain Rating Scale (LBPRS), Oswestry Disability Index (ODI), Progressive Isoinertial Lifting Evaluation (PILE), Quebec Back Pain Disability Scale (QBPDS), and Roland-Morris Disability Questionnaire . Arthritis Care Res. 2011;63(SUPPL. 11):158–73.

36. WHO/Europe | Nutrition - Body mass index - BMI [Internet]. Available from: https://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi

37. Obesity and overweight [Internet]. 2021. Available from: https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight

38. Pacific WHORO for the W. The Asia-Pacific perspective : redefining obesity and its treatment [Internet]. Sydney : Health Communications Australia; Available from: http://iris.wpro.who.int/handle/10665.1/5379

39. About Adult BMI | Healthy Weight, Nutrition, and Physical Activity | CDC [Internet]. Available from: https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

40. Institute of Medicine. Weight Management: State of the Science and Opportunities for Military Programs. Weight Management: State of the Science and Opportunities for Military Programs. 2004. 276 p.

41. Genes and obesity | CDC [Internet]. Available from: https://www.cdc.gov/genomics/resources/diseases/obesity/obesedit.htm

42. Shiri R, Karppinen J, Leino-Arjas P, Solovieva S, Viikari-Juntura E. The Association Between Obesity and Low Back Pain: A Meta-Analysis. Am J Epidemiol. 2010 Jan 15;171(2):135–54.

43. Ezemagu UK, Anibeze CIP, Ani CO, Ossi GC. Correlation of Body Mass

Index with Low Back Pain amongst Patients without Injury in a Nigeria Population. Int J Curr Microbiol Appl Sci. 2016;5(11):371–8.

44. Boszczowski N, Pinto RCR, de Araújo Junior FA. Low back pain in medical students: Prevalence and related factors. Coluna/ Columna. 2021;20(3):197–200.

45. Alhowimel AS, Alodaibi F, Alshehri MM, Alqahtani BA, Alotaibi M, Alenazi AM. Prevalence and Risk Factors Associated with Low Back Pain in the Saudi Adult Community : A Cross-Sectional Study. Int J Environ Res Public Heal 2021, Vol 18, Page 13288. 2021;18(24):13288.

46. Koley S, Kaur J, Sandhu JS. Biological Risk Indicators for Non-specific Low Back Pain in Young Adults of Amritsar, Punjab, India. J Life Sci. 2010;2(1):43–8.

47. Ganesan S, Acharya AS, Chauhan R, Acharya S. Prevalence and risk factors for low back pain in 1,355 young adults: A cross-sectional study. Asian Spine J. 2017;11(4):610–7.

48. Hershkovich O, Friedlander A, Gordon B, Arzi H, Derazne E, Tzur D, et al. Associations of Body Mass Index and Body Height With Low Back Pain in 829,791 Adolescents. Am J Epidemiol. 2013 Aug 15;178(4):603–9.

49. Heuch I, Heuch I, Hagen K, Zwart JA. Body mass index as a risk factor for developing chronic low back pain: A follow-up in the nord-trøndelag health study. Spine (Phila Pa 1976). 2013 Jan 15;38(2):133–9.

50. Mirtz TA, Greene L. Is obesity a risk factor for low back pain? An example of using the evidence to answer a clinical question. Chiropr Osteopat. 2005;13:1–6.

51. Alnojeidi AH, Johnson TM, Richardson MR, Churilla JR. Gender Differences

in Low Back Pain and self Reported Muscle Strengthening Activity among U.S. Adult. UNF Grad Theses Diss. 2015;(616):1–105.

52. Wáng YXJ, Wáng JQ, Káplár Z. Increased low back pain prevalence in females than in males after menopause age: Evidences based on synthetic literature review. Quant Imaging Med Surg. 2016;6(2):199–206.

53. Green BN, Johnson CD, Snodgrass J, Smith M, Dunn AS. Association Between Smoking and Back Pain in a Cross-Section of Adult Americans. Cureus. 2016;8(9):13–4.

54. Shiri R, Karppinen J, Leino-Arjas P, Solovieva S, Viikari-Juntura E. The Association between Smoking and Low Back Pain: A Meta-analysis. Am J Med. 2010;123(1):87.e7-87.e35.

55. Sitthipornvorakul E, Janwantanakul P, Purepong N, Pensri P, Van Der Beek AJ. The association between physical activity and neck and low back pain: A systematic review. Eur Spine J. 2011;20(5):677–89.

56. Heneweer H, Vanhees L, Picavet HSJ. Physical activity and low back pain: A U-shaped relation? Pain. 2009;143(1–2):21–5.

57. Citko A, Górski S, Marcinowicz L, Górska A. Sedentary lifestyle and nonspecific low back pain in medical personnel in North-East Poland. Biomed Res Int. 2018;2018.

58. Lis AM, Black KM, Korn H, Nordin M. Association between sitting and occupational LBP. Eur Spine J. 2007;16(2):283–98.

59. Bontrup C, Taylor WR, Fliesser M, Visscher R, Green T, Wippert PM, et al. Low back pain and its relationship with sitting behaviour among sedentary office workers. Appl Ergon. 2019;81:102894.

60. Park SM, Kim HJ, Jeong H, Kim H, Chang BS, Lee CK, et al. Longer sitting

time and low physical activity are closely associated with chronic low back pain in population over 50 years of age: a cross-sectional study using the sixth Korea National Health and Nutrition Examination Survey. Spine J. 2018;18(11):2051–8.

61. Keskin Y, Ürkmez B, Öztürk F, Kepekçi M, Aydin T. Correlation between sitting duration and position and lumbar pain among office workers. Haydarpasa Numune Train Res Hosp Med J. 2019;61(1):1–6.