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## THE EFFECT OF USING *MEDULA SPINALIS BELT* (MSB) AGAINST COMPLAINTS OF LOW BACK PAIN (LBP)

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### ABSTRACT

#### **Backgroud:**

The purpose of this study was to determine the effect of the use of MSB on reducing complaints of low back as a cashier workers. This study used a pre and post test to assess the level of lower back pain in workers.

#### **Material and method**

This type of research is a quasy experimental with a cross sectional study approach to 30 workers as a sample selected using purposive sampling. Data analysis with univariate to see the relationship between the characteristics of respondents and bivariate with cross tabulation then tested using the Chi Square test.

#### **Result**

The results showed that as many as 30 respondents (100%), who experienced complaints of low back pain, which was divided into moderate pain and mild pain, 12 respondents (80%) in the intervention group experienced complaints of moderate back pain. The results showed that there was a decrease in the scale of low back pain in the intervention group after using the Medulla Spinalis Belt (MSB) statistical test using the Mann Whitney test showed a value of  $p = 0.00$ .

#### **Conclusion**

There was a difference in the average level of low back pain before and after the use of MSB. There was an effect of using MSB on the level of low back pain after treatment in the intervention group with a p-value of 0,000. There was no effect of using MSB on the level of low back pain after treatment in the control group ( $p = 0.317$ ). There are differences in changes in the scale of low back pain before and after using MSB in the intervention and control groups with a value of  $p = 0.000$ .

*Key word: MSB, Low Back pain. Pre test, post test.*