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## The effect of table and chair height adjustment with elbow sitting height and popliteal against changing scale of neck pain (Studies of women labor in emping chips home industry located in Banten Province)

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**Background:** Emping chips labors work in bent body posture may cause neck pain. Designing ergonomically workplace require compatible table and chair height. The objective of this research is to understand the effect of table and chair height adjustment with elbow sitting height and popliteal against changing scale of neck pain.

**Research Methodology:** The research used experimental design with one group pre-post method. Neck pain scale was measured with Visual Analog Scale. Purposely intervention was adjustment in table and chair height with elbow sitting height and popliteal within 14 (fourteen) days observation. Subsequently, paired T-test was performed to measure mean difference between pre and post intervention against neck pain scale. Uncontrolled variable was examined with bivariate testing toward changing scale of neck pain that continued with multivariate testing.

**Result:** Subject of the study was 31 employees, and the prevalence neck pain before intervention was 82%. Statistically proven that there was significant difference of mean scale of neck pain between pre and post intervention in adjustment of table and chair height during 14 (fourteen) days observation with p-value =0.000 and 95% CI=3.35-4.13.

**Conclusion:** There was significant effect of table and chair height adjustment with elbow sitting height and popliteal against reduction of neck pain scale during 14 (fourteen) days observation.

### Biography

Eni Dwi Astuti was born on November, 20<sup>th</sup> 1981 in Indonesia. She graduated Medicine Doctor in 2006 and completed a Master of Occupational Medicine in 2013 from Indonesia University School Of Medicine. She is occupational doctor in owned state enterprises oil and gas company in Indonesia. She have the attention on women workers. She had been working on health programs for women workers in her company for example aids campaign, maternal health of pregnant workers, workers shift and ergonomic program for women workers.

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