

ABSTRACT

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Study program : Public Health
Title : Factors related to Musculoskeletal Disorders (MSDs) at porters in Tanah Abang Market in 2019th

Musculoskeletal Disorders (MSDs) or skeletal muscle disorders are disorders that are experienced due to damage to muscles, nerves, tendons, ligaments, joints, cartilages, and intervertebral discs. Based on the results of a preliminary study conducted on porters in the Tanah Abang market using the Nordic Body Map questionnaire sheet from 20 porters, there were 11 porters (55%) experiencing high MSDs, 6 porters (30%) having complaints of moderate MSDs, and 3 porters (15%) experienced low MSDs complaints. Identifying factors related to complaints of Musculoskeletal Disorders (MSDs) in the port of the Abang land market in 2019. The research design used was a cross-sectional study with a quantitative approach. Respondents in this study were 86 people with simple random sampling technique. Data analysis using the chi square statistical test with $\alpha = 0.05$. Respondents were interviewed using the Nordic Body Map questionnaire. The results showed that the risk of Musculoskeletal Disorders (MSDs) complaints was 45 people (52.3%) with related factors, namely age ≥ 35 years with p value 0.003 and PR value (Prevalence Ratio) = 3.449, work period ≥ 5 years with p value 0,004 and smoking habit with p value 0,025 with PR (Prevalence Ratio) = 4,513, it is necessary to increase awareness of the health status of porters through health promotion by the building manager and local health servants.

Keywords : Age, Years of Service, Smoking Habits, Musculoskeletal Disorders (MSDs)
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