

ABSTRAK

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Judul : Faktor - Faktor Yang Berhubungan Dengan Keluhan Musculoskeletal Disorders (MSDs) Unit WP4 Di PT SUMCO Indonesia Tahun 2020

Keluhan Musculoskeletal Disorders (MSDs) adalah keluhan pada bagian otot-otot skeletal yang dirasakan seseorang mulai dari keluhan yang sangat ringan sampai berat. Kasus MSDs lebih sering disebabkan karena ketidaksesuaian antara peralatan, manusia dan proses kerja sehingga manusia harus melakukan pekerjaannya dengan posisi-posisi yang tidak natural dan ergonomis. Menurut *Bureau of Labor Statistics* (BLS) (2015), terdapat 365.580 kasus gangguan *Musculoskeletal Disorders* (MSDs), seperti keseleo atau *strain* yang diakibatkan kelelahan mengangkat barang. Penelitian ini dilakukan Pada Unit WP4 di PT SUMCO Indonesia pada bulan Juli-Agustus 2020. Jumlah sampel pada penelitian ini sebanyak 42 sampel dan menggunakan desain *cross sectional study*. Uji statistik yang digunakan adalah uji *chi-square*. Variabel dependen pada penelitian ini adalah keluhan MSDs sedangkan variabel independen adalah postur kerja, frekuensi, durasi kerja, masa kerja, IMT, kebiasaan merokok, aktivitas fisik. Berdasarkan hasil penelitian didapatkan bahwa ada 28 pekerja (66.7%) yang berisiko mengalami keluhan MSDs. Hasil analisis bivariat menunjukkan adanya hubungan antara keluhan MSDs dengan aktifitas fisik (p value = 0.037). Sedangkan variabel yang tidak berhubungan adalah masa kerja (p value = 0.063), IMT (p value = 0.098), dan kebiasaan merokok (p value = 0.733). Untuk mengurangi risiko keluhan MSDs, maka disarankan untuk melakukan *stretching* pada waktu jam istirahat untuk merelaksasikan otot-otot kembali.

Kata Kunci : *Musculoskeletal Disorders* (MSDs), Postur Kerja, Frekuensi, Durasi Kerja, Masa Kerja, IMT, Kebiasaan Merokok, Aktifitas Fisik.

xi+ 118 halaman, 15 daftar tabel, 3 gambar, 5 lampiran

Pustaka: 87 (1997-2019)

ABSTRACT

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Complaints of Musculoskeletal Disorders (MSDs) are complaints in the skeletal muscles that a person feels ranging from very mild to severe complaints. MSDs cases are more often caused by mismatches between equipment, people and work processes so that humans have to do their work in unnatural and ergonomic positions. According to *Bureau of Labor Statistics* (BLS) (2015), there are 365,580 cases of Musculoskeletal Disorders (MSDs), such as sprains or strains caused by fatigue of lifting goods. This research was conducted at the WP4 Unit at PT SUMCO Indonesia in July-August 2020. The number of samples in this study was 42 samples and used a cross sectional study design. The statistical test used was the chi-square test. The dependent variable in this study was complaints of MSDs, while the independent variables were work posture, frequency, work duration, work period, BMI, smoking habits, physical activity. Based on the research results, it was found that there were 28 workers (66.7%) who are at risk of experiencing MSDs complaints. The results of the bivariate analysis showed a relationship between MSDs complaints with physical activity (p value = 0.037). Meanwhile, the unrelated variables work time (p value = 0.063), BMI (p value = 0.098), and were smoking habit (p value = 0.733). To reduce the risk of MSDs complaints, it is advisable to do stretching at rest hours to relax the muscles again.

Keywords: Musculoskeletal Disorders (MSDs), Work Posture, Frequency, Work Duration, Work Time, BMI, Smoking Habits, Physical Activity.

xi+ 118 pages, 15 table lists, 3 picture, 6 attachments

Bibliography : 87 (1997-2019)