

ABSTRAK

Nama : Freddy Cahyo Nugroho
Program Studi : Kesehatan Masyarakat
Judul : Hubungan Antara Faktor Risiko Ergonomi Dengan Keluhan *Musculoskeletal Disorders* Pada Operator Unit *Roll & Bearing Preparation* PT. Krakatau Steel Tahun 2019.

Musculoskeletal Disorders (MSDs) atau gangguan otot dan rangka adalah gangguan yang dialami karena kerusakan pada otot, saraf, tendon, ligamen, persendian, kartilago, dan *discus intervertebralis*. Berdasarkan hasil studi pendahuluan yang dilakukan pada operator di unit *Roll & Bearing Preparation* PT. Krakatau Steel tahun 2019 dengan menggunakan lembar kuesioner *Nordic Body Map* terhadap 6 orang operator yang mengalami keluhan *MSDs* tingkat tinggi sebanyak 1 orang (16,7%), tingkat sedang sebanyak 4 orang (66,7%) dan tingkat rendah sebanyak 1 orang (16,7%). Mengidentifikasi faktor risiko ergonomi yang berhubungan dengan keluhan *Musculoskeletal Disorders (MSDs)* pada operator di unit *Roll & Bearing Preparation* PT. Krakatau Steel tahun 2019. Desain penelitian yang digunakan adalah *cross sectional study* dengan pendekatan kuantitatif. Responden dalam penelitian ini sebanyak 23 orang dengan teknik *total sampling*. Analisis data dengan menggunakan uji statistik *chi square* dengan $\alpha=0,05$. Responden diwawancarai dengan menggunakan kuesioner *Nordic Body Map (NBM)* dan postur kerja dinilai dengan menggunakan lembar kerja *Rapid Entire Body Assessment (REBA)*. Hasil penelitian menunjukkan bahwa risiko keluhan *Musculoskeletal Disorders (MSDs)* sebanyak 14 orang (60,9%) dengan faktor yang berhubungan yaitu usia dengan *p value* 0,013, masa kerja dengan *p value* 0,029 dan postur kerja dengan *p value* 0,005. Perlu dilakukan upaya promotif kesehatan dengan senam ergonomi ditempat kerja dan dilakukan survey faktor ergonomi secara berkala setahun sekali di *Unit Roll & Bearing Preparation* PT. Krakatau Steel.

Kata kunci : Faktor Risiko Ergonomi, Postur Kerja, *Musculoskeletal Disorders (MSDs)*.

xxii + 69 halaman : 3 gambar; 13 tabel

Pustaka : 33 (1987-2019)

ABSTRACT

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Study Program : Public Health
Title : Relationship Between Ergonomics Risk Factor With Musculoskeletal Disoreder At Operator Roll Bearing Preparation Unit PT Krakatau Steel 2019

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 studies conducted on operators in Roll & Bearing Preparation unit of PT. Krakatau Steel using the Nordic Body Map questionnaire sheet from 6 operators, there were 1 operator (16.7%) experienced high-level MSDs, 4 operators (66.7%) experienced moderate level MSDs, and 1 operator (16.7%) experienced low level of MSDs. Identifying ergonomic risk factors associated with Musculoskeletal Disorders (MSDs) complaints on operators in Roll & Bearing Preparation unit of PT. Krakatau Steel in 2019. The research design used was cross sectional study with a quantitative approach. Respondents in this study were 23 people with total sampling techniques. Data analysis using the chi square statistical test with $\alpha = 0.05$. Respondents were interviewed using the Nordic Body Map (NBM) questionnaire and work posture was assessed using the Rapid Entire Body Assessment (REBA) worksheet. The results showed that the risk of complaints of Musculoskeletal Disorders (MSDs) was 14 people (60.9%) with related factors, namely age with p value 0.013, period of work with p value 0.029 and work posture with p value 0.005. Health promotion efforts need to be done with ergonomics in the workplace and an ergonomic factor survey is conducted once a year at Roll & Bearing Preparation Unit of PT. Krakatau Steel.

Keywords : Ergonomic Risk Factors, Work Posture, Musculoskeletal Disorders (MSDs).

xxii + 69 pages : 3 pictures; 13 tables

Library : 33 (1987-2019)