

## ABSTRAK

Nama : Mitha Aulia Harahap  
Program Studi : Kesehatan Masyarakat  
Judul : “Analisis Perbedaan Sebelum dan Sesudah Pemberian *Workplace Stretching Exercise* Terhadap Penurunan Keluhan *Musculoskeletal Disorders* (MSDs) Pada Pekerja Bagian Produksi di PT Crown Pratama Tahun 2021”

*Musculoskeletal Disorders* (MSDs) merupakan suatu masalah yang dapat dialami oleh pekerja yang melakukan pekerjaan seperti membungkuk, memanjat, merangkak, menggapai, memutar, aktivitas berlebihan atau gerakan berulang. MSDs dapat dicegah dengan melakukan *Workplace Stretching Exercise* (WSE) yang bermanfaat untuk mengurangi risiko cedera *musculoskeletal*, mengurangi kelelahan, meningkatkan keseimbangan dan postur otot, serta meningkatkan koordinasi otot. Penelitian ini menggunakan jenis penelitian kuantitatif, serta menggunakan desain penelitian *quasi experiment* dengan *the one-group pretest-posttest design* dan pengambilan sampel secara *total sampling*. Responden penelitian ini adalah 34 pekerja bagian produksi PT Crown Pratama tahun 2021. Uji statistik yang digunakan penelitian ini adalah uji T-paired. Hasil uji univaria mean keluhan MSDs sebelum dan sesudah pemberian WSE yaitu 42,97 dan 36,29. Hasil uji bivariat ditemukan ada perbedaan keluhan *Musculoskeletal Disorders* (MSDs) sebelum dan sesudah *workplace stretching exercise*. Sehingga disarankan agar PT Crown Pratama membuat program *workplace stretching exercise* untuk mencegah dan mengendalikan keluhan *Musculoskeletal Disorders* (MSDs).

**Kata Kunci:** *workplace stretching exercise, musculoskeletal disorders, awkward working posture*

6 BAB, 64 halaman, 9 tabel, 16 gambar, 9 lampiran  
Pustaka: 42 (2006-2021)

## ABSTRACT

*Name* : Mitha Aulia Harahap

*Study Program* : Public Health

*Title* : “Analysis Before and After Giving Workplace Stretching Exercise Against the Decrease in Complaints of Musculoskeletal Disorders (MSDs) in Production Workers at PT Crown Pratama in 2021”

*Workers who undertake occupations that require bending, climbing, crawling, reaching, twisting, excessive activity, or repeated movements may suffer from musculoskeletal disorders (MSDs). MSDs can be prevented by doing Workplace Stretching Exercise (WSE) which is useful for reducing the risk of musculoskeletal injury, reducing fatigue, improving muscle balance and posture, and improving muscle coordination. This study employs quantitative methods and a quasi-experimental research methodology that includes a one-group pretest-posttest design and total sampling. The respondents of this study were 34 workers in the production division of PT Crown Pratama in 2021. T-paired test was utilized as a statistical test in this study. The results of the univariate test mean MSDs complaints before and after WSE administration were 42.97 and 36.29. The bivariate test revealed differences in complaints of Musculoskeletal Disorders (MSDs) before and after workplace stretching exercise. As a result, it is suggested that PT Crown Pratama develop a workplace stretching exercise program to avoid and control Musculoskeletal Disorders complaints (MSDs).*

**Keywords:** *workplace stretching exercise, musculoskeletal disorders, awkward working posture*  
*6 chapter, 64 page, 9 table, 16 picture, 9 attachment*  
*Reference: 42 (2006-2021)*