

ABSTRAK

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Judul : Faktor – Faktor yang Mempengaruhi Keluhan *Musculoskeletal Disorders* (MSDs) Pada Pekerja *Work From Home* (WFH) di Lingkungan Direktorat Teknik dan Lingkungan Mineral dan Batubara Kementerian Energi dan Sumber Daya Mineral Tahun 2022

Penerapan konsep bekerja dari rumah dapat menimbulkan permasalahan baru dari segi ergonomi karena adanya perubahan sikap kerja kearah yang lebih statis. Penelitian ini bertujuan untuk mengetahui faktor – faktor yang mempengaruhi keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja *Work From Home* (WFH) di lingkungan Direktorat Teknik dan Lingkungan Mineral dan Batubara Kementerian Energi dan Sumber Daya Mineral Tahun 2022. Penelitian menggunakan pendekatan kuantitatif dengan desain studi *Cross-sectional*. Sampel penelitian ini berjumlah 54 orang pekerja WFH di lingkungan Direktorat Teknik dan Lingkungan Mineral dan Batubara Kementerian Energi dan Sumber Daya Mineral. Teknik pengambilan sampel yang digunakan adalah *total sampling*. Pengumpulan data menggunakan data primer yang diperoleh dari pengisian kuesioner *Nordic Body Map* (NBM) dan kuesioner sederhana terkait kondisi kerja selama WFH yang diberikan kepada responden secara *online* melalui media *google form*. Hasil penelitian menunjukkan bahwa 28 pekerja *work from home* (51,9%) mengalami keluhan *musculoskeletal disorders*. Hasil penelitian menggunakan uji statistik *Chi-square* menunjukkan tidak adanya hubungan yang bermakna secara statistik antara masa kerja ($p\text{-value} = 0,586$), durasi kerja ($p\text{-value} = 0,434$) dan sikap kerja ($p\text{-value} = 0,298$) dengan keluhan *musculoskeletal disorders*. Pekerja disarankan untuk selalu memperhatikan sikap dan durasi kerja mereka serta meluangkan waktu untuk beristirahat sejenak guna menurunkan angka keluhan MSDs selama WFH diterapkan.

Kata Kunci: durasi kerja, ergonomi, keluhan *Musculoskeletal Disorders*, masa kerja, sikap kerja

ABSTRACT

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The Implementation of working from home concept can cause new problems in ergonomics because of the changes in working behavior to be more static. The aim is to identify factors affecting complaints of Musculoskeletal Disorders (MSDs) in Work From Home (WFH) Workers in the Mineral and Coal Engineering and Environmental Directorate of The Ministry of Energy and Mineral Resources in 2022. The type of research is quantitative with a Cross-sectional study. 54 WFH workers in the Mineral and Coal Engineering and Environmental Directorate of The Ministry of Energy and Mineral Resources participated in the research. The sampling technique used is total sampling. The data collection is done by employing Nordic Body Map (NBM) and simple working conditions questionnaire to the participants through online distribution via google form which resulted in primary data. The results show 28 work from home workers (51,9%) have musculoskeletal disorders complaints. The results of Chi-square statistical test showed no statistically significant relationship between year of service (p -value = 0,586), working hours (p -value = 0,434) and working behavior (p -value = 0,298) with Musculoskeletal Disorders complaints. It is recommended for workers to always pay attention to their working behavior and working hours while also sparing some time to have a break to reduce the number of MSDs complaints while WFH is implemented.

Keywords: *ergonomics, musculoskeletal disorders complaints, working behavior, working hours, year of service*