

## ABSTRAK

*Musculoskeletal* merupakan suatu system kompleks yang menunjang bentuk tubuh dan berfungsi terhadap pergerakan yang melibatkan otot – otot, kerangka tubuh, sendi, ligamen, tendon, dan saraf. Keluhan musculoskeletal adalah keluhan pada bagian – bagian otot skeletal yang dirasakan oleh seseorang mulai dari keluhan sangat ringan hingga sangat sakit. Berdasarkan hasil studi pendahuluan terkait dengan keluhan *Musculoskeletal Disorders* (MSDs) kepada 10 pekerja administrasi di RS Medistra diketahui bahwa terdapat 4 orang (40%) mengalami keluhan MSDs tinggi, 3 orang (30%) mengalami keluhan MSDs sedang, dan 3 orang (30%) mengalami keluhan MSDs rendah. Penelitian ini bertujuan untuk mengetahui faktor – faktor yang berhubungan dengan keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja administrasi di RS Medistra Jakarta tahun 2022. Desain penelitian ini adalah *cross sectional* analitik dengan besar sampel sebanyak 65 pekerja. Teknik pengambilan sampel pada penelitian ini adalah *stratified random sampling* sederhana dengan analisis data univariat menggunakan uji *chi – square*. Penelitian ini dilakukan pada bulan Maret – Juli 2022. Adapun hasil univariat menunjukkan proporsi tertinggi yakni MSDs (60,0%), usia (64,6%), jenis kelamin (53,8%), sikap duduk kerja (55,4%), IMT (60%), dan lama kerja (52,3%). Hasil bivariat menunjukkan terdapat hubungan antara sikap duduk kerja (PR = 1,55; 95% CI = 1,01 – 2,36) dan IMT (PR = 1,61; 95% CI = 1,02 – 2,53) dengan keluhan MSDs serta tidak ada hubungan antara usia, jenis kelamin, dan lama kerja dengan keluhan MSDs. Dengan ini, diharapkan pihak RS Medistra memberikan pelatihan atau seminar terkait MSDs, membuat program K3 gizi seimbang dan aktivitas fisik, serta mengganti stasiun kerja dengan yang ergonomis.

**Kata Kunci:** MSDs; Usia; Jenis Kelamin; Sikap Duduk Kerja; IMT; Lama Kerja.

## ABSTRACT

*Musculoskeletal* is a complex system that supports the shape of the body and functions for movements involving muscles, skeleton, joints, ligaments, tendons, and nerves. Musculoskeletal complaints are complaints in parts of the skeletal muscles that are felt by a person ranging from very mild complaints to very painful. Based on the results of a preliminary study related to complaints of *Musculoskeletal Disorders* (MSDs) to 10 administrative workers at Medistra Hospital, it was found that there were 4 people (40%) experiencing high MSDs complaints, 3 people (30%) experiencing moderate MSDs complaints, and 3 people (30%) had low MSDS complaints. This study aims to determine the factors associated with complaints of *Musculoskeletal Disorders* (MSDs) in administrative workers at Medistra Hospital Jakarta in 2022. The design of this study was an *cross sectional* with a sample size of 65 workers. The sampling technique in this study was *stratified random sampling* with univariate data analysis using the *chi-square*. This research was conducted in March – July 2022. The univariate results showed the highest proportion of MSDs (60.0%), age (64.6%), gender (53.8), sitting posture (55.4%), BMI (60%), and length of work (52.3%). Bivariate results showed that there was a relationship between work sitting posture (PR = 1.55; 95% CI = 1.01 – 2.36) and BMI (PR = 1.61; 95% CI = 1.02 – 2.53) with MSDs complaints and there is no relationship between age, gender, and length of work with MSDs complaints. With this, it is hoped that the Medistra Hospital will provide training or seminars related to MSDs, create a balanced nutrition and physical activity K3 program, and replace work stations with ergonomic ones.

**Keywords:** MSDs; Age; Gender; Work Sitting Attitude; BMI; Length of working.