

LAMPIRAN

1. Karakteristik Responden

a. Umur

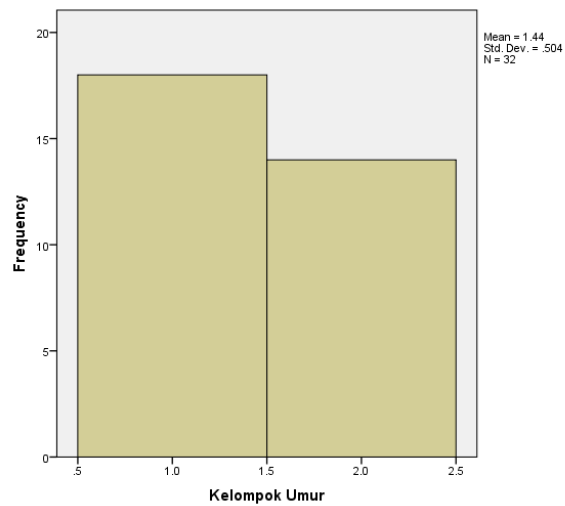
Statistics

Kelompok Umur

N	Valid	32
	Missing	0
Mean		1.44
Median		1.00
Mode		1
Std. Deviation		.504
Minimum		1
Maximum		2

Kelompok Umur

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid <=35	18	56.3	56.3	56.3
Valid >35	14	43.8	43.8	100.0
Total	32	100.0	100.0	



b. Jenis Kelamin

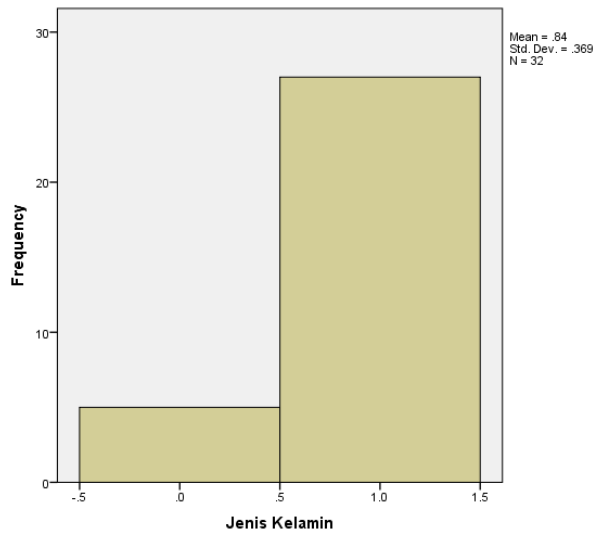
Statistics

Jenis Kelamin

N	Valid	32
	Missing	0
Mean		.84
Median		1.00
Mode		1
Std. Deviation		.369
Minimum		0
Maximum		1

Jenis Kelamin

	Frequency	Percent	Valid Percent	Cumulative Percent
Perempuan	5	15.6	15.6	15.6
Valid Laki-laki	27	84.4	84.4	100.0
Total	32	100.0	100.0	



c. Masa Kerja

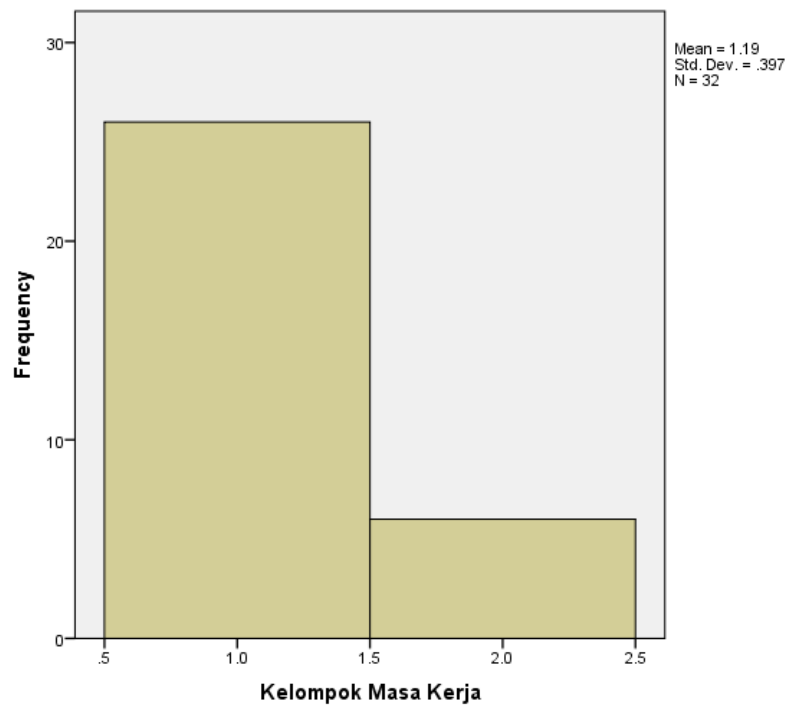
Statistics

Kelompok Masa Kerja

N	Valid	32
	Missing	0
Mean		1.19
Median		1.00
Mode		1
Std. Deviation		.397
Minimum		1
Maximum		2

Kelompok Masa Kerja

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid <=4	26	81.3	81.3	81.3
Valid >4	6	18.8	18.8	100.0
Total	32	100.0	100.0	



2. Posisi Kerja Duduk

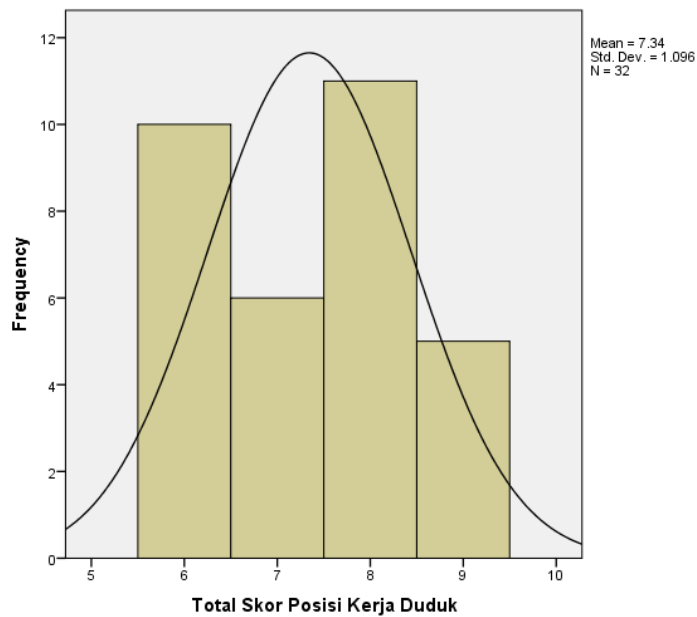
Statistics

Total Skor Posisi Kerja Duduk

N	Valid	32
	Missing	0
Mean		7.34
Median		7.50
Mode		8
Std. Deviation		1.096
Minimum		6
Maximum		9

Total Skor Posisi Kerja Duduk

	Frequency	Percent	Valid Percent	Cumulative Percent
6	10	31.3	31.3	31.3
7	6	18.8	18.8	50.0
Valid 8	11	34.4	34.4	84.4
9	5	15.6	15.6	100.0
Total	32	100.0	100.0	



3. Keluhan Otot-otot Skeletal

Statistics

Total Skor Keluhan Otot-otot

Skelatal

N	Valid	32
	Missing	0
Mean		52.50
Median		53.00
Mode		53 ^a
Std. Deviation		4.508
Minimum		41
Maximum		60

a. Multiple modes exist. The smallest value is shown

Total Skor Keluhan Otot-otot Skelatal

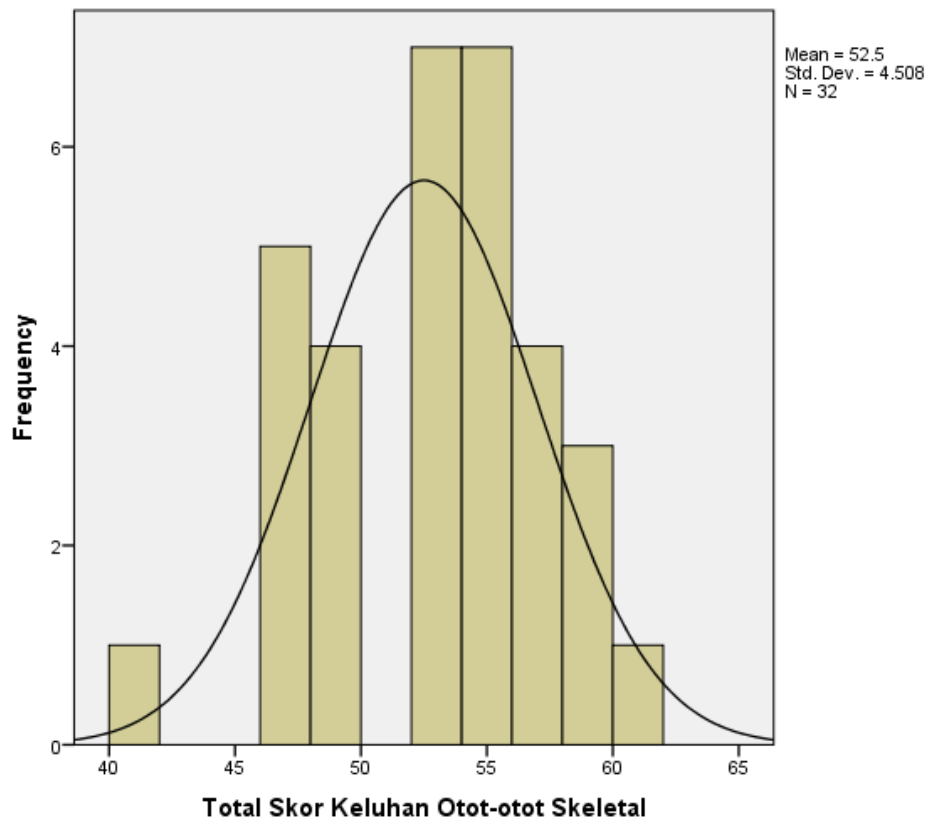
	Frequency	Percent	Valid Percent	Cumulative Percent
41	1	3.1	3.1	3.1
46	2	6.3	6.3	9.4
47	3	9.4	9.4	18.8
48	1	3.1	3.1	21.9
49	3	9.4	9.4	31.3
52	3	9.4	9.4	40.6
Valid 53	4	12.5	12.5	53.1
54	4	12.5	12.5	65.6
55	3	9.4	9.4	75.0
56	2	6.3	6.3	81.3
57	2	6.3	6.3	87.5
58	1	3.1	3.1	90.6
59	2	6.3	6.3	96.9

60	1	3.1	3.1	100.0
Total	32	100.0	100.0	

**4. Distribusi Total Skor Variabel Keluhan Otot-otot Skeletal pada Penjahit
Konveksi Rumah Tangga di Jalan Jelambar Jaya 2 Grogol Jakarta Barat**

No	Jenis Keluhan	Tingkat Keluhan							
		Sangat Sakit		Sakit		Agak Sakit		Tidak Sakit	
		Jml	%	Jml	%	Jml	%	Jml	%
0	Leher bagian atas	3	9.4	20	62.5	7	21.9	2	6.2
1	Pada tengkuk	2	6.3	25	78.1	4	12.5	1	3.1
2	Bahu Kiri	0	0	6	18.7	11	34.4	15	46.9
3	Bahu Kanan	0	0	6	18.7	14	43.8	12	37.5
4	Lengan atas kiri	0	0	2	6.3	4	12.5	26	81.2
5	Punggung	20	62.5	8	25	4	12.5	0	0
6	Lengan atas kanan	0	0	2	6.25	6	18.75	24	75
7	Pinggang	22	68.8	5	15.6	5	15.6	0	0
8	Pinggul	3	9.4	14	43.8	8	25	7	21.8
9	Pantat	11	34.4	16	50	5	15.6	0	0
10	Siku kiri	0	0	1	3.1	8	25	23	71.9
11	Siku kanan	0	0	0	0	12	37.5	20	62.5
12	Lengan bawah kiri	0	0	0	0	7	21.9	25	78.1
13	Lengan bawah kanan	0	0	0	0	7	21.9	25	78.1
14	Pergelangan tangan kiri	0	0	1	3.1	9	28.1	22	68.8
15	Pergelangan tangan kanan	0	0	2	6.2	15	46.9	15	46.9
16	Tangan kiri	0	0	5	15.7	10	31.2	17	53.1
17	Tangan kanan	0	0	15	46.9	8	25	9	28.1
18	Paha kiri	0	0	0	0	4	12.5	28	87.5
19	Paha kanan	0	0	4	12.5	10	31.3	18	56.2
20	Lutut kiri	0	0	0	0	0	0	32	100

21	Lutut kanan	0	0	0	0	3	9.4	29	90.6
22	Betis kiri	0	0	3	9.4	11	34.4	18	56.2
23	Betis kanan	0	0	10	31.2	11	34.4	11	34.4
24	Pergelangan kaki kiri	0	0	0	0	1	3.125	31	96.875
25	Pergelangan kaki kanan	0	0	1	3.125	1	3.125	30	93.75
26	Kaki kiri	6	18.75	16	50	2	6.25	8	25
27	Kaki kanan	6	18.75	26	81.25	0	0	0	0

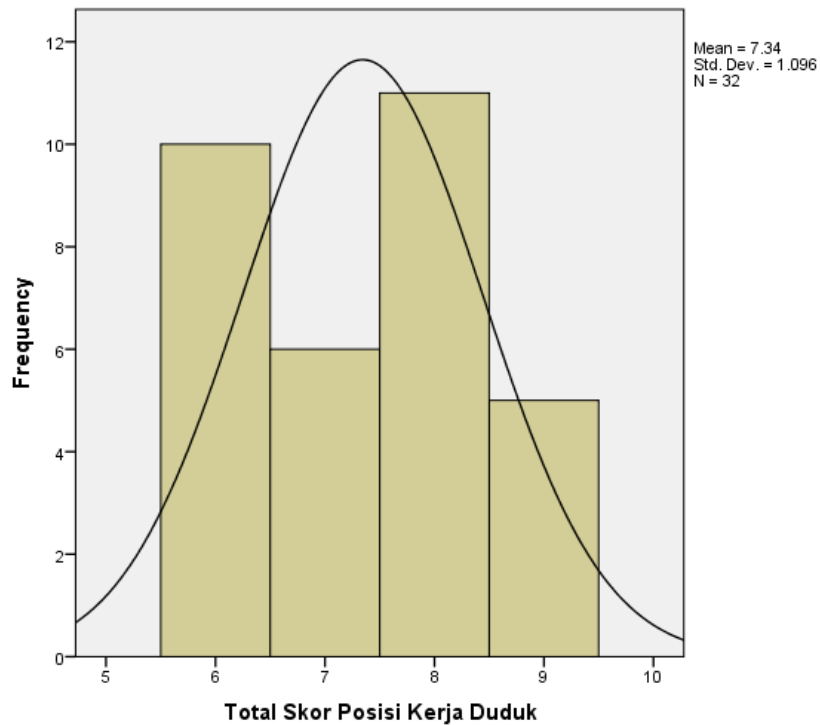


5. Hasil Uji Normalitas Posisi Kerja Duduk

		Total Skor Posisi Kerja Duduk
N		32
Normal Parameters ^{a,b}	Mean	7.34
	Std. Deviation	1.096
	Absolute	.225
Most Extreme Differences	Positive	.202
	Negative	-.225
Kolmogorov-Smirnov Z		1.275
Asymp. Sig. (2-tailed)		.077

a. Test distribution is Normal.

b. Calculated from data.

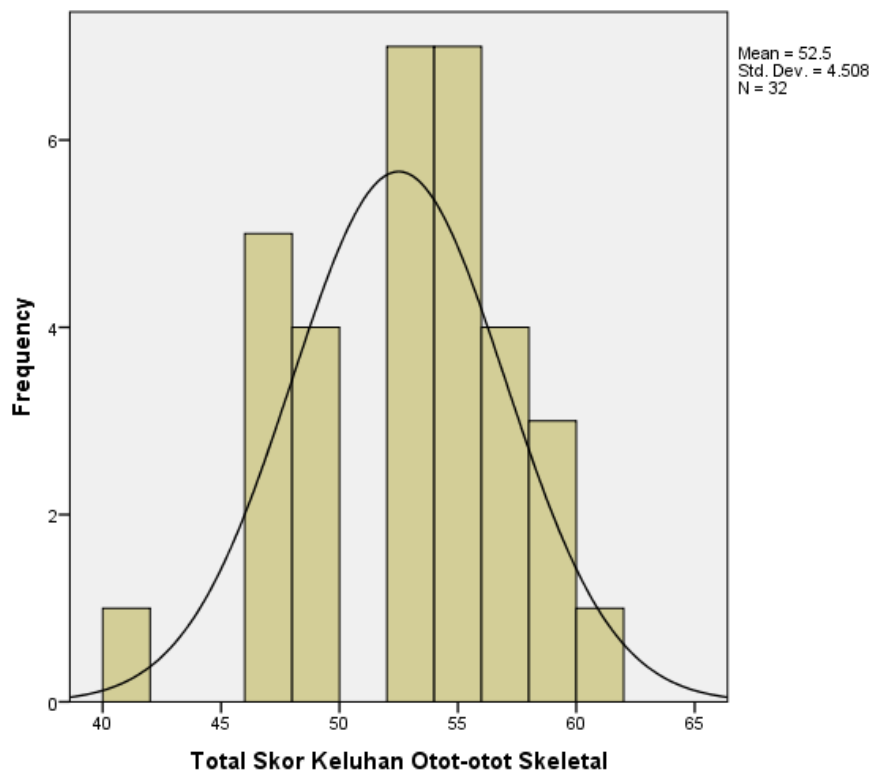


6. Hasil Uji Normalitas Keluhan Otot-otot Skeletal

		Total Skor Keluhan Otot- otot Skeletal
N		32
Normal Parameters ^{a,b}	Mean	52.50
	Std. Deviation	4.508
	Absolute	.143
Most Extreme Differences	Positive	.094
	Negative	-.143
Kolmogorov-Smirnov Z		.811
Asymp. Sig. (2-tailed)		.527

a. Test distribution is Normal.

b. Calculated from data.



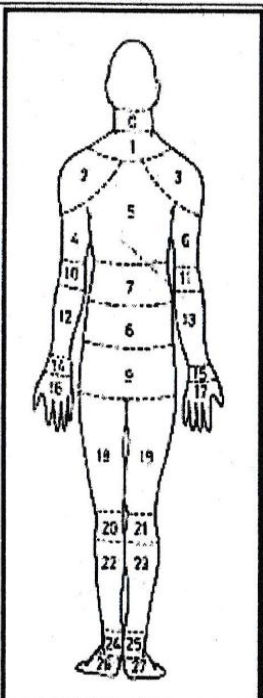
7. Hasil Uji Korelasi *Pearson Product Moment*

		Correlations	
		Total Skor Posisi Kerja Duduk	Total Skor Keluhan Otot- otot Skelatal
Total Skor Posisi Kerja Duduk	Pearson Correlation	1	.617**
	Sig. (2-tailed)		.000
	N	32	32
Total Skor Keluhan Otot-otot Skelatal	Pearson Correlation	.617**	1
	Sig. (2-tailed)	.000	
	N	32	32

** . Correlation is significant at the 0.01 level (2-tailed).

8. Kuesioner Keluhan Otot-otot Skeletal

LEMBAR KERJA KUESIONER INDIVIDU *NORDIC BODY MAP*

Otot Skeletal	Skoring				NBM	Otot Skeletal	Skoring				
	1	2	3	4			1	2	3	4	
0. Leher Atas						1. Tengku					
2. Bahu kiri						3. Bahu Kanan					
4. Lengan Atas Kiri						5. Punggung					
6. Lengan Atas Kanan						7. Pinggang					
8. Pinggul						9. Pantat					
10. Siku Kiri						11. Siku Kanan					
12. Lengan Bawah Kiri						13. Lengan Bwh Kanan					
14. Pergelangan Tangan Kiri						15. Pergelangan tangan Kanan					
16. Tangan Kiri						17. Tangan Kanan					
18. Paha Kiri						19. Paha Kanan					
20. Lutut Kiri						21. Lutut Kanan					
22. Betis kiri						23. Betis kanan					
24. Pergelangan Kaki Kiri						25. Pergelangan Kaki Kanan					
26. Kaki Kiri						27. Kaki Kanan					
TOTAL SKOR KANAN							TOTAL SKOR KIRI				
TOTAL SKOR INDIVIDU MSDs = TOTAL SKOR KANAN + TOTAL SKOR KANAN											

9. Worksheet Rapid Entire Body Assessment (REBA).

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Step 1a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Neck Score

Step 2: Locate Trunk Position

Step 2a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Trunk Score

Step 3: Legs

Leg Score

Step 4: Look-up Posture Score in Table A

Using values from steps 1-3 above, Locate score in Table A

Posture Score A

Step 5: Add Force/Load Score

If load < 11 lbs.: +0
If load 11 to 22 lbs.: +1
If load > 22 lbs.: +2
Adjust: If shock or rapid build up of force: add +1

Force / Load Score

Step 6: Score A, Find Row in Table C

Add values from steps 4 & 5 to obtain Score A.
Find Row in Table C.

Score A

Scoring

1 = Negligible Risk
2-3 = Low Risk. Change may be needed.
4-7 = Medium Risk. Further Investigate. Change Soon.
8-10 = High Risk. Investigate and Implement Change
11+ = Very High Risk. Implement Change

Scores

Table A		Neck											
		1				2				3			
Legs		1	2	3	4	1	2	3	4	1	2	3	4
Trunk	1	1	2	3	4	1	2	3	4	3	3	5	6
Posture	2	2	3	4	5	3	4	5	6	4	5	6	7
Score	3	2	4	5	6	4	5	6	7	5	6	7	8
	4	3	5	6	7	5	6	7	8	6	7	8	9
	5	4	6	7	8	6	7	8	9	7	8	9	9

Table B

Lower Arm		Wrist					
		1			2		
Upper Arm	1	1	2	2	1	2	3
Score	2	1	2	3	2	3	4
	3	3	4	5	4	5	5
	4	4	5	5	5	6	7
	5	6	7	8	7	8	8
	6	7	8	8	8	9	9

Table C

Score A	Score B											
	1	2	3	4	5	6	7	8	9	10	11	12
1	1	1	1	1	2	3	3	4	5	6	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8
3	2	3	3	3	4	5	6	7	7	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10
7	7	7	7	8	9	9	9	10	10	11	11	11
8	8	8	8	9	10	10	10	10	10	11	11	11
9	9	9	9	10	10	10	11	11	11	12	12	12
10	10	10	10	11	11	11	11	12	12	12	12	12
11	11	11	11	11	12	12	12	12	12	12	12	12
12	12	12	12	12	12	12	12	12	12	12	12	12

Table C Score + Activity Score = REBA Score

B. Arm and Wrist Analysis

Step 7: Locate Upper Arm Position:

Step 7a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Upper Arm Score

Step 8: Locate Lower Arm Position:

Lower Arm Score

Step 9: Locate Wrist Position:

Wrist Score

Step 9a: Adjust...
If wrist is bent from midline or twisted: Add +1

Step 10: Look-up Posture Score in Table B

Using values from steps 7-9 above, locate score in Table B

Posture Score B

Step 11: Add Coupling Score

Well fitting Handle and mid rang power grip, **good: +0**
Acceptable but not ideal hand hold or coupling acceptable with another body part, **fair: +1**
Hand hold not acceptable but possible, **poor: +2**
No handles, awkward, unsafe with any body part, **Unacceptable: +3**

Coupling Score

Step 12: Score B, Find Column in Table C

Add values from steps 10 & 11 to obtain Score B. Find column in Table C and match with Score A in row from step 6 to obtain Table C Score.

Score B

Step 13: Activity Score

+1 1 or more body parts are held for longer than 1 minute (static)
+1 Repeated small range actions (more than 4x per minute)
+1 Action causes rapid large range changes in postures or unstable base