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2012-31-006**

**HUBUNGAN FAKTOR ERGONOMI PEKERJA DENGAN KELUHAN
MYALGIA (NYERI LEHER) MENGGUNAKAN METODE *RAPID UPPER
LIMB ASSESSMENT (RULA)* PADA PETUGAS OPERASIONAL
PENGUMPUL TOL TANGERANG-KARAWACI di PT JASA MARGA
CABANG JAKARTA-TANGERANG TAHUN 2016**

7 Bab, 100 Halaman, 17 Tabel, 11 Gambar, 12 lampiran

ABSTRAK

Latar Belakang : Sikap kerja yang tidak alamiah seperti sikap statis dalam waktu yang lama sering menyebabkan nyeri leher, terutama pada petugas pengumpul tol salah satu pekerjaan yang sering mengalami atau memiliki risiko nyeri leher.

Tujuan : Mengetahui hubungan antara ergonomi pekerja dengan keluhan nyeri leher menggunakan RULA pada petugas pengumpul tol Tangerang-Karawaci di PT Jasa Marga Cabang Jakarta-Tangerang Tahun 2016.

Metode Penelitian : Metode penelitian menggunakan pendekatan *cross sectional*, populasi penelitian sebanyak 84 orang. Teknik pengambilan sampel yaitu *sampel random sampling* sebanyak 42 orang, data dikumpulkan dengan menggunakan kuesioner dan *worksheet* (McAtamney, *et al* 1993) untuk ergonomi dan uji *Chi-Square* untuk analisis data.

Hasil Penelitian : Sebagian responden adalah usia 40-49 tahun (57,2%), jenis kelamin perempuan (52,3%), masa kerja 20-24 Tahun (38,1%), riwayat penyakit (57,1%), tingkat risiko ergonomi level 3 dan 4 (71,4%), tingkat keluhan nyeri leher tinggi (40,4%). Hasil uji statistik menunjukkan hubungan antara postur janggal (*p-value* 0,024 < 0,05), gerakan berulang (*p-value* 0,009 < 0,05), dan tingkat risiko ergonomi (*p-value* 0,041 < 0,05) dengan keluhan nyeri leher.

Kesimpulan : Faktor ergonomi seperti gerakan berulang dan postur janggal adalah salah satu sikap kerja yang menyebabkan terjadinya MSDs, terutama MSDs pada leher.

Kata Kunci : Postur Janggal, Gerakan Berulang, Ergonomi pekerja, keluhan myalgia (nyeri leher), petugas pengumpul tol

Daftar Pustaka : 39 (1999-2015)

UNIVERSITY OF ESA UNGGUL
THE SCIENCES OF HEALTH FACULTY
THE SCIENCES OF PUBLIC HEALTH DEPARTMENT
THESIS IN 2016

INDAH TRI NOVIA SARI
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THE FACTORS RELATIONSHIP OF ERGONOMIC EMPLOYEE WITH NECK PAIN COMPLAINT USING *RAPID UPPER LIMB ASSESSMENT (RULA)* ON THE GUARDS OPERATIONS COLLECTOR TOLL TANGERANG-KARAWACI AT PT. JASA MARGA BRANCH OF JAKARTA-TANGERANG IN 2016

7 Chapters, 100 Pages, 17 Tables, 11 Picture, 12 Attachments

ABSTRACT

Background Of Study : The working attitude unnatural as static stance in the long periods often causes neck pain, especially on one of the toll collectors who often have jobs or are at risk of neck pain.

Purpose : To know the relationship of ergonomic employee with neck pain complaint using RULA on the guards operations collector toll tangerang-karawaci at pt. Jasa marga branch of Jakarta-tangerang in 2016.

The Method Of Research : The method of research is using population research as many as 84 people . the technique for taking the data is using random sampling as many as 42 people, the data were collected by using questionnaires and *worksheet* (McAtamney, *et al* 1993) for ergonomics and Chi-Square test for analyze the data.

The Result Of The Research : Most of the respondents age were 40-49 years old(57,2%). Women (52,3%), experiences of work 20-24 years (38,1%), history of disease (57,1%), ergonomic risk of level 3 and 4 (71,4%), neck pain complaint rate from high about (40,4%). Statistical test results show the relationship between awkward posture (*p-value* 0.024 <0.05), repetitive motion (*p-value* 0.009 <0.05), and the ergonomic risk level (*p-value* 0.041 <0.05) with complaints of neck pain.

Conclusion : Ergonomic factors such as repetitive movements and awkward posture is one of the working attitude that leads to MSDs, especially MSDs in the neck.

Key Words : Awkward postures, Repetitive Motion, Ergonomics workers, myalgia complaints (neck pain), attendant of the toll collectors.

Bibliography : 39 (1999-2015)