

ABSTRAK

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Program Studi : Kesehatan Masyarakat
Judul : Gambaran Keluhan Musculoskeletal Disorders (MSDs) Pada
Pekerja Bagian Packing Di Spinning-Dyeing di PT Indonesia
Synthetics Textile Mills Tahun 2017.

The Occupational Safety and Health Administration (OSHA) mendefinisikan MSDs sebagai cedera dan gangguan pada otot, saraf, tendon, ligamen, sendi, tulang rawan, pembuluh darah, dan cakram tulang belakang. Berdasarkan data poliklinik PT Indonesia Synthetics Textile Mills, didapatkan pekerja dengan tingkat keluhan MSDs sebanyak 667 (35,40%) kasus di tahun 2016. Di unit spinning sendiri terdapat 210 kasus dan dyeing 106 kasus keluhan MSDs tahun 2016. Penelitian ini bertujuan melihat gambaran keluhan Musculoskeletal disorders (MSDs) pada pekerja bagian packing di spinning-dyeing PT Indonesia synthetics textile mills tahun 2017. Penelitian bersifat Deskriptif Analitik dengan desain penelitian *Cross Sectional*. Sampel penelitian ini terdiri dari 51 orang. Hasil penelitian menunjukkan bahwa Proporsi berdasarkan usia menunjukkan bahwa pekerja yang berisiko (≤ 35 tahun) sebanyak (70,6%), sedangkan pekerja yang tidak berisiko (> 35 tahun) sebanyak (29,4%), Proporsi berdasarkan jenis kelamin menunjukkan bahwa pekerja laki-laki sebanyak (35,3 %), sedangkan pekerja perempuan sebanyak (64,7 %), Proporsi berdasarkan IMT menunjukkan bahwa pekerja dengan IMT tidak normal sebanyak (43,1%), sedangkan pekerja dengan IMT normal sebanyak (56,9%), Proporsi berdasarkan kejadian MSDs dengan metode *Nordic body map* diperoleh sebanyak (33,3 %) mengalami keluhan MSDs rendah, sebanyak (64,7 %) mengalami keluhan MSDs sedang dan sebanyak (2,0 %) mengalami keluhan MSDs tinggi. Saran bagi perusahaan dan pekerja untuk memperhatikan karakteristik atau kondisi fisik pekerja, salah satunya dengan cara mengurangi berat beban yang harus di kerjakan khususnya oleh pekerja dengan umur berisiko ≤ 35 tahun dan pekerja wanita, untuk melakukan kegiatan peregangan otot (Stretching) setiap mau beraktifitas kerja, dan memberikan pelatihan khusus terkait prosedur pengangkutan beban yang baik dan benar kepada semua pekerja.

Kata Kunci : *Musculoskeletal Disorders*; Pekerja Industri; *Nordic Body Map*; umur; jenis kelamin; IMT.

6 Bab, 63 halaman, 1 gambar, 11 daftar tabel, 2 bagan, 1 grafik, 5 Lampiran

Pustaka : 46 (1979-2014)

ABSTRACT

Name : Hikmah Syaifa
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Title : The Overview of Musculoskeletal Complaints (MSDs) In Workers Packing Parts In Spinning-Dyeing at PT Indonesia Synthetics Textile Mills 2017.

The Occupational Safety and Health Administration (OSHA) defines MSDs as injuries and disorders of muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels, and spinal discs. Based on the polyclinic data of PT Indonesia Synthetics Textile Mills, the employee with MSDs complaints rate is 667 (35.40%) cases in 2016. In the spinning unit alone there are 210 cases and dyeing 106 cases of MSDs complaints in 2016. This study aims to see a description of complaints of Musculoskeletal disorders (MSDs) on the workers part of packing in spinning-dyeing PT Indonesia synthetics textile mills in 2017. The research is descriptive analytic with Cross Sectional research design. The sample of this study consists of 51 people. The results showed that age-based proportions showed that workers at risk (≤ 35 years) were 70.6%, while non-risk workers (> 35 years) (29.4%), proportions by sex showed that workers Men (35.3%), while female workers (64.7%), proportion based on IMT showed that workers with IMT were not normal (43.1%), while workers with normal BMI were 56.9 %, Proportion based on MSDs incidence with Nordic body map method obtained as much as (33,3%) have low MSDs complaint, as much as (64,7%) have moderate MSDs complaint and as much (2.0%) have high MSDs complaint. Suggestion for company and worker to pay attention to physical characteristic or condition of worker, one of them is by reducing weight burden which must be done especially by worker with age ≤ 35 years old and woman worker, to do activity of stretching each work activity, And provide special training regarding proper and proper load-carrying procedures to all workers.

Keywords : Musculoskeletal Disorders; Industrial Workers; Nordic Body Map; age; gender; IMT.

Chapter 6, page 63, 1 pictures, 11 table lists, 2 charts, 1 graph, 5 Attachments

Reference : 46 (1979-2014)