

ABSTRAK

FAKTOR YANG BERHUBUNGAN DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PEKERJA BAGIAN PRODUKSI PT. PRIMASTRA SANDANG LESTARI TAHUN 2022

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Pendahuluan: Prevalensi penyakit *musculoskeletal disorders* di Indonesia pada tahun 2020 berdasarkan diagnosis yang pernah dilakukan oleh tenaga kesehatan yaitu 11,9% dan berdasarkan diagnosis atau gejala yaitu 24,7%. Hasil studi pendahuluan terhadap 5 pekerja menggunakan kuesioner *nordic body map* diketahui bahwa 100% pekerja mengalami keluhan MSDs. Tujuan penelitian ini untuk mengetahui faktor yang berhubungan dengan keluhan *musculoskeletal disorders* (MSDs) pada pekerja bagian produksi PT. Primastra Sandang Lestari. Metode: Jenis penelitian ini adalah penelitian kuantitatif dengan desain *cross sectional*. Sampel pada penelitian ini sebesar 64 orang, dengan teknik pengambilan sampel *simple random sampling*. Instrumen penelitian menggunakan kuesioner *nordic body map*. Uji bivariat menggunakan *chi-square*. Hasil: Ada hubungan umur dengan keluhan MSDs ($p\text{-value} = 0,000$), masa kerja ($p\text{-value} = 0,000$) dan postur kerja ($p\text{-value} = 0,042$). Tidak ada hubungan kebiasaan merokok ($p\text{-value} = 0,157$), indeks massa tubuh ($p\text{-value} = 0,169$) dengan keluhan MSDs. Kesimpulan: Ada hubungan antara umur, masa kerja, dan postur kerja dengan keluhan MSDs. Tidak ada hubungan antara kebiasaan merokok dan indeks massa tubuh dengan keluhan MSDs. Saran: Upaya untuk mengurangi risiko keluhan *musculoskeletal disorders* adalah dengan melakukan peregangan selama ± 5 menit pada waktu istirahat untuk merelaksasikan otot kembali.

Kata Kunci : pekerja bagian produksi, keluhan *musculoskeletal disorders*, postur kerja

ABSTRACT

**FACTORS RELATED TO MUSCULOSKELETAL DISORDERS (MSDs)
COMPLAINTS IN PRODUCTION SECTOR WORKERS
PT. PRIMAstra SANDANG LESTARI
IN 2022**

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Introduction: The prevalence of musculoskeletal disorders in Indonesia in 2020 based on diagnoses made by health workers is 11.9% and based on diagnosis or symptoms is 24.7%. The results of a preliminary study of 5 workers using a nordic body map questionnaire showed that 100% of workers experienced MSDs complaints. The purpose of this study was to determine various factors associated with complaints of musculoskeletal disorders (MSDs) among workers in the production division of PT. Primastra Sandang Lestari. Methods: This study is a quantitative research with a cross sectional design. There were 64 workers selected as sample, using a simple random sampling technique. The research instrument utilized a Nordic body map questionnaire. Chi square was used as bivariate test. Results: There is a relationship between age and MSDs complaints (p-value = 0.000), years of service (p-value = 0.000) and work posture (p-value = 0.042). There is no relationship between smoking habits (p-value = 0.157), body mass index (p-value = 0.169) with complaints of MSDs. Conclusion: This study concluded that there is a relationship between age, years of service, and work posture with complaints of MSDs. There is no relationship between smoking habits and body mass index with MSDs complaints. Suggestion: Preventive measures should be promoted among the factors workers to reduce the risk of musculoskeletal disorders. Hence, workers should be given time to stretch for $\pm$ 5 minutes at rest to relax the muscles again.

Keywords: production workers, musculoskeletal disorders complaints, work posture