

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
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**Analisis Faktor Risiko Ergonomi Terhadap Kemungkinan Munculnya
Keluhan Gangguan Muskuloskeletal Pada Perawat di Ruang ICU, CVCU
dan PICU RSUD Arifin Achmad Provinsi Riau**

**XVI + 67 Halaman + 29 Tabel + 1 Skema + 1 Diagram + 8 Gambar + 13
Lampiran**

ABSTRAK

Gangguan muskuloskeletal (MSDs) merupakan masalah kesehatan yang sering terjadi pada tenaga kesehatan, terutama perawat di ruang intensif. Penelitian ini bertujuan untuk menganalisis hubungan antara faktor risiko ergonomi dan keluhan MSDs pada perawat. Penelitian ini dilakukan pada bulan Maret tahun 2025, dengan sampel sebanyak 69 perawat intensif dan teknik yang digunakan yaitu *purposive sampling* menggunakan data yang diambil dari kuesioner. Metode penelitian yang digunakan yaitu analisis deskriptif dengan rancangan *Cross Sectional*. Hasil analisis yang dilakukan menggunakan uji *Rank Spearman* menjelaskan bahwa terdapat hubungan antara variabel postur kerja dengan keluhan MSDs dengan *p value* $< 0,05$. Namun tidak didapatkan hubungan antara variabel usia, lama kerja, masa kerja dan IMT terhadap keluhan MSDs, dengan *p value* $> 0,05$. Berdasarkan penelitian ini, disarankan agar perawat mengendalikan risiko gangguan muskuloskeletal dengan lebih memperhatikan postur tubuh yang ergonomis. Hal ini dapat dilakukan melalui pelatihan khusus mengenai postur tubuh serta perancangan ulang lingkungan kerja agar lebih ergonomis, sehingga kesehatan dan keselamatan kerja perawat tetap terjaga.

Kata Kunci : Risiko Ergonomi, MSDs, REBA, NBM, Perawat Intensif
Daftar Bacaan : 80 (2000-2024)

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Case Study, March 2025**

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Analysis of Ergonomic Risk Factors on the Possibility of Musculoskeletal Disorder Complaints in Nurses in the ICU, CVCU and PICU Rooms of Arifin Achmad Regional Hospital, Riau Province

XVI + 67 Pages + 29 Tables + 1 Scheme + 1 Diagram + 8 Images + 13 Attachments

ABSTRACT

Musculoskeletal disorders (MSDs) are a common health problem in health workers, especially nurses in intensive care units. This study aims to analyze the relationship between ergonomic risk factors and MSDs complaints in nurses. This study was conducted in March 2025, with a sample of 69 intensive care nurses and the technique used was purposive sampling using data taken from the questionnaire. The research method used was descriptive analysis with a Cross Sectional design. The results of the analysis carried out using the Spearman Rank test explained that there was a relationship between work posture variables and MSDs complaints with a p value <0.05 . However, there was no relationship between the variables of age, length of service, length of service and BMI on MSDs complaints, with a p value >0.05 . Based on this study, it is recommended that nurses control the risk of musculoskeletal disorders by paying more attention to ergonomic body posture. This can be done through special training on body posture and redesigning the work environment to be more ergonomic, so that the health and safety of nurses are maintained.

Keywords : Ergonomic Risk, MSDs, REBA, NBM, Intensive Care Nurses
Reading List : 80 (2000-2024)