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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 + 39 Halaman + 13 Tabel + 1 Skema + 1 Diagram + 4 Lampiran

ABSTRAK

Gangguan muskuloskeletal 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 dilakukan pada bulan Maret 2025 dengan sampel sebanyak 69 perawat intensif. Teknik pengambilan sampel menggunakan *purposive sampling*, dengan data yang dikumpulkan melalui kuesioner. Metode penelitian yang digunakan adalah analisis deskriptif dengan rancangan *cross-sectional*. Hasil analisis bivariat menggunakan uji *Rank Spearman* menunjukkan adanya hubungan antara variabel postur kerja dan keluhan MSDs ($p < 0,05$). Namun, tidak ditemukan hubungan antara variabel usia, lama kerja, masa kerja, dan IMT terhadap keluhan MSDs ($p > 0,05$). Pada analisis multivariat menggunakan uji regresi linear berganda, hasil menunjukkan bahwa variabel usia, lama kerja, masa kerja, dan IMT tidak berpengaruh signifikan terhadap keluhan gangguan muskuloskeletal ($p > 0,05$). Sebaliknya, variabel postur kerja berpengaruh signifikan terhadap keluhan gangguan muskuloskeletal ($p < 0,05$) dengan arah hubungan positif, yang menunjukkan bahwa semakin tinggi risiko postur kerja, semakin meningkat keluhan MSDs. 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 : 44 (2000-2024)

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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 + 39 Pages + 13 Tables + 1 Scheme + 1 Diagram + 4 Attachments

ABSTRACT

Musculoskeletal disorders are common health problems among healthcare workers, particularly nurses in intensive care units. This study aimed to analyze the relationship between ergonomic risk factors and MSD complaints among nurses. The study was conducted in March 2025 with a sample of 69 intensive care nurses. The sampling technique used was purposive sampling, and data were collected through questionnaires. The research method employed was descriptive analysis with a cross-sectional design. The results of the bivariate analysis using the Spearman Rank test showed a significant relationship between work posture and MSD complaints ($p < 0.05$). However, no significant relationship was found between age, working hours, years of service, and BMI and MSD complaints ($p > 0.05$). In the multivariate analysis using multiple linear regression, the results indicated that age, working hours, years of service, and BMI did not have a significant effect on musculoskeletal disorder complaints ($p > 0.05$). In contrast, work posture had a significant positive effect on musculoskeletal disorder complaints ($p < 0.05$), indicating that higher work posture risk was associated with increased MSD complaints. Based on these findings, it is recommended that nurses control the risk of musculoskeletal disorders by paying greater attention to ergonomic body posture. This can be achieved through specialized training on proper body posture and by redesigning the work environment to be more ergonomic, thereby maintaining nurses' occupational health and safety.

Keywords : Ergonomic Risk, MSDs, REBA, NBM, Intensive Care Nurses
Reading List : 44 (2000-2024)