

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Studi *Literature Review*, 11 Oktober 2025

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Faktor Yang Mempengaruhi *Musculoskeletal Disorders (MSDs)* Pada Pekerja Bengkel

xiii+49 halaman+2 tabel+3 lampiran

ABSTRAK

Musculoskeletal Disorders (MSDs) merupakan gangguan pada sistem muskuloskeletal yang sering dialami pekerja bengkel akibat postur kerja tidak ergonomis, gerakan berulang, dan aktivitas fisik berat. Penelitian ini bertujuan menganalisis faktor-faktor yang memengaruhi kejadian MSDs pada pekerja bengkel berdasarkan penelitian terdahulu. Penelitian menggunakan metode *Literature Review* dengan pendekatan PICO (*Population, Intervention, Comparison, Outcome*). Penelusuran literatur dilakukan melalui database Sinta, PubMed, dan ScienceDirect pada publikasi tahun 2015–2025. Sebanyak 20 artikel yang memenuhi kriteria inklusi dianalisis, terdiri dari 13 artikel nasional dan 7 artikel internasional. Hasil kajian menunjukkan bahwa kejadian MSDs dipengaruhi faktor individu, pekerjaan, dan lingkungan. Faktor yang banyak ditemukan meliputi usia, masa kerja, postur kerja, gerakan berulang, durasi kerja, aktivitas mengangkat beban, dan kondisi lingkungan kerja. Keluhan paling sering terjadi pada punggung bawah, leher, dan bahu. Pencegahan dilakukan melalui penerapan ergonomi dan edukasi pekerja.

Kata Kunci : Musculoskeletal Disorders (MSDs), pekerja bengkel, faktor risiko, ergonomi, *Literature Review*.

Daftar Bacaan: 20 (2015–2025)

**UNDERGRADUATE PROGRAM IN PUBLIC HEALTH, FACULTY OF HEALTH
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Factors Affecting Musculoskeletal Disorders (MSDs) In Workshop Workers
xiii+49 pages+2 tables+3 appendices

ABSTRACT

Musculoskeletal Disorders (MSDs) are conditions affecting the musculoskeletal system that are commonly experienced by auto repair shop workers due to non-ergonomic work postures, repetitive movements, and heavy physical activity. This study aims to analyze the factors influencing the incidence of MSDs among auto repair shop workers based on previous research. The study employed a literature review method using the PICO (Population, Intervention, Comparison, Outcome) approach. The literature search was conducted using the Sinta, PubMed, and ScienceDirect databases for publications from 2015 to 2025. A total of 20 articles meeting the inclusion criteria were analyzed, comprising 13 national and 7 international articles. The results of the review indicate that the incidence of MSDs is influenced by individual, occupational, and environmental factors. Commonly identified factors include age, length of service, work posture, repetitive movements, work duration, lifting activities, and workplace conditions. The most common complaints involve the lower back, neck, and shoulders. Prevention is achieved through the implementation of ergonomic practices and worker education.

Keywords: *Musculoskeletal Disorders (MSDs), workshop workers, risk factors, ergonomics, Literature Review.*

References: 20 (2015–2025)