PROGRAM STUDI DIII KEPERAWATAN FAKULTAS KEPERAWATAN
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Hubungan Faktor-Faktor Risiko Dengan Keluhan *Musculoskeletal Disorders (MSDs)* Pada Pekerja Bongkar Muat Sawit di SPSI NIBA

Xiv + 52 Halaman + 15 Tabel + 1 Skema + 9 Lampiran

ABSTRAK

Musculoskeletal Disorders (MSDs) merupakan keluhan umum pada pekerja di berbagai sektor, termasuk pekerja bongkar muat sawit yang berisiko tinggi akibat postur kerja tidak ergonomis, durasi kerja panjang, serta beban fisik berat. Penelitian ini bertujuan mengetahui hubungan faktor risiko postur kerja, usia, masa kerja, dan Indeks Massa Tubuh (IMT) dengan keluhan MSDs pada pekerja bongkar muat sawit di SPSI NIBA Desa Muara Langsat, Kecamatan Sentajo Raya. Penelitian kuantitatif dengan desain cross-sectional ini melibatkan 50 responden yang dipilih secara purposive sampling. Data dikumpulkan menggunakan kuesioner Nordic Body Map (NBM), observasi postur kerja dengan metode QEC, dan pengukuran antropometri. Hasil analisis univariat menunjukkan mayoritas pekerja mengalami keluhan MSDs kategori sedang. Analisis bivariat dengan uji chi-square memperlihatkan postur kerja memiliki hubungan signifikan dengan keluhan MSDs ($p < 0,037$), sedangkan usia ($p > 0,733$), masa kerja ($p > 0,086$), dan IMT ($p > 0,601$) tidak berhubungan signifikan. Pekerja dengan postur kerja berisiko tinggi cenderung lebih banyak mengalami keluhan MSDs pada punggung bawah, bahu, dan lutut. Usia di atas 40 tahun, masa kerja ≥5 tahun, dan IMT kategori overweight atau obesitas ditemukan cukup sering pada responden, namun tidak terbukti secara statistik meningkatkan keluhan MSDs. Kesimpulannya, hanya faktor postur kerja yang terbukti berhubungan signifikan dengan keluhan MSDs. Hasil ini menegaskan pentingnya intervensi ergonomi untuk memperbaiki postur kerja sebagai strategi pencegahan utama..

Kata kunci : musculoskeletal disorders, postur kerja, masa kerja, indeks massa tubuh, pekerja sawit

Daftar Bacaan : 34 referensi (2016 – 2024)

DIII NURSING STUDY PROGRAM FACULTY OF NURSING INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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Relationship of Risk Factors with Musculoskeletal Disorders (MSDs) Complaints in Palm Oil Stevedores at SPSI NIBA

Xiv + 52 Pages + 15 Tables + 1 Scheme + 9 Attachments

ABSTRACT

Musculoskeletal disorders (MSDs) are a common complaint among workers in various sectors, including palm oil stevedores, who are at high risk due to unergonomic working postures, long working hours, and heavy physical loads. This study aims to determine the relationship between risk factors working posture, age, length of service, and Body Mass Index (BMI) and MSDs among palm oil stevedores at SPSI NIBA in Muara Langsat Village, Sentajo Raya District. This quantitative study, using a cross-sectional design, involved 50 respondents selected using purposive sampling. Data were collected using the Nordic Body Map (NBM) questionnaire, work posture observations using the QEC method, and anthropometric measurements. Univariate analysis results indicated that the majority of workers experienced moderate MSDs. Bivariate analysis using chi-square test showed that work posture had a significant relationship with MSD complaints ($p < 0.037$), while age ($p > 0.733$), length of service ($p > 0.086$), and BMI ($p > 0.601$) were not significantly related. Workers with high-risk work postures tended to experience more MSD complaints in the lower back, shoulders, and knees. Age over 40 years, length of service ≥5 years, and BMI in the overweight or obese category were found quite frequently in respondents, but were not statistically proven to increase MSD complaints. In conclusion, only work posture factors were proven to be significantly related to MSD complaints. These results emphasize the importance of ergonomic interventions to improve work posture as a primary prevention strategy.

Keywords: musculoskeletal disorders, work posture, work period, body mass index, palm oil workers

Reading List: 34 references (2016 – 2024)