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**Hubungan antara Sikap Kerja (Ergonomi) dengan Keluhan Muskuloskeletal pada Perawat Rawat Inap di
RSUP Dr Sardjito**
Dewi Ramitasari, Arifin Triyanto, S.Kep., Ns., M.Kep.; Widyawati, S.Kp., M.Kes., Ph.D.
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ABSTRACT

Background : Musculoskeletal complaints are an ergonomic problem that often occurs in the workplace, especially those related to muscle strength in doing work. The main contributing factor to musculoskeletal disorders is work attitude (ergonomics). In November 2022 at Dr Sardjito Hospital, 1045 nurses were found to experience musculoskeletal complaints based on the results of observations made by the Occupational Health and Safety Unit (K3). This study aims to determine the description of the work attitudes (ergonomics) of nurses in the inpatient department of Dr Sardjito Hospital, to determine the description of the work attitudes of nurses in the inpatient department of Dr Sardjito Hospital and to determine the relationship between work attitudes (ergonomics) and musculoskeletal complaints in inpatient nurses at the RSUP Dr. Sardjito.

Methods : This study required 181 nurses from 15 regular inpatient wards and 5 executive wards. Respondents were taken by random sampling in inpatient rooms according to predetermined inclusion and exclusion criteria. This cross sectional research is correlation analytical in nature. Work attitude data collection was carried out using the Ovako Working Posture Analysing System (OWAS) questionnaire and data collection on musculoskeletal complaints used the Nordic Body Map (NBM) questionnaire. Ovako Working Posture Analyzing System (OWAS) is a method for analyzing work posture which defines how the back, arms, legs and the weight of the load being lifted move. Each member of the body is classified into low, medium, high and very high risk work attitudes. The Nordic Body Map (NBM) is a subjective method used to measure workers' muscle pain and reveals which muscles experience complaints ranging from no pain to very painful and is classified into low, medium, high and very high risk levels of musculoskeletal complaints. Univariate analysis is presented in a frequency distribution table and the Kendall Tau analysis test is used for bivariate testing.

Results : The description of the work attitudes of inpatient nurses at Dr Sardjito Hospital generally has low risk, meaning that the majority of nurses work in normal positions without effects that can disrupt the musculoskeletal system. The description of the musculoskeletal complaints of nurses at Dr Sardjito Hospital is generally at a low level, meaning that there is no need for corrective action. There is a relationship between work attitudes (ergonomics) and musculoskeletal complaints in inpatient nurses at Dr. Sardjito Hospital, with the results of the Kendalls Tau statistical analysis test obtaining a p-value of <0.05. musculoskeletal complaints ($p=<0.05$), with a correlation coefficient $\tau=0.328$ (positive).

Conclusion : There is a relationship between work attitudes (ergonomics) and musculoskeletal complaints in inpatient nurses at Dr. Sardjito Hospital, namely the lower the risk of work attitudes, the lower the musculoskeletal complaints.

Keywords: ergonomics, musculoskeletal disorders, work attitudes, nurses