

**PENGARUH POSTUR KERJA DAN FAKTOR PSIKOSOSIAL TERHADAP
MUSCULOSKELETAL DISORDERS PADA PEGAWAI
ADMINISTRASI AKADEMIK
(Studi di Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan
Universitas Gadjah Mada)**

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ABSTRAK

Latar Belakang: *Musculoskeletal Disorders* (MSDs) adalah gangguan yang berhubungan dengan otot, tulang, sendi, ligamen, dan saraf. Postur kerja dan faktor psikososial merupakan salah satu penyebab terjadinya MSDs. Pekerjaan yang menggunakan komputer dalam waktu yang lama seperti pegawai administrasi akademik memiliki risiko tinggi terhadap keluhan MSDs.

Tujuan: Mengetahui pengaruh postur kerja dan faktor psikososial terhadap MSDs pada pegawai administrasi akademik di FK-KMK UGM.

Metode: Metode kuantitatif menggunakan pendekatan *cross sectional*. Penentuan jumlah sampel menggunakan teknik *purposive sampling* sebanyak 84 pegawai. Pengolahan data melalui tiga tahapan yaitu analisis univariat, analisis bivariat menggunakan regresi linear sederhana, dan analisis multivariat menggunakan regresi linear berganda. Responden dianalisis menggunakan *Nordic Body Map* (NBM), COPSOQ III, *International Physical Activity Questionnaire* (IPAQ), dan *Rapid Office Strain Assessment* (ROSA).

Hasil: Hasil analisis statistik pada 66 responden dari 84 pegawai menunjukkan sebesar 92,42% responden mengalami keluhan MSDs ringan dan sedang di mana modal sosial ($p\text{-value} = 0,014$) serta kesehatan dan kesejahteraan ($p\text{-value} = 0,009$) memiliki pengaruh yang signifikan terhadap MSDs. Namun, variabel lainnya yaitu postur kerja ($p\text{-value} = 0,696$), tuntutan pekerjaan ($p\text{-value} = 0,367$), serta relasi interpersonal dan kepemimpinan ($p\text{-value} = 0,679$) tidak memiliki pengaruh yang signifikan terhadap MSDs.

Kesimpulan: Modal sosial serta kesehatan dan kesejahteraan memengaruhi terjadinya MSDs sehingga pegawai perlu mempertahankan hubungan yang baik dan memanfaatkan layanan maupun fasilitas yang disediakan oleh fakultas. Bidang kepegawaian juga perlu melakukan evaluasi serta monitoring terhadap kesehatan fisik maupun mental pegawai.

Kata Kunci: *Musculoskeletal Disorders* (MSDs), postur kerja, faktor psikososial, ROSA, COPSOQ III.

**THE INFLUENCE OF WORK POSTURE AND PSYCHOSOCIAL FACTORS
ON MUSCULOSKELETAL DISORDERS IN ACADEMIC
ADMINISTRATION EMPLOYEES
(Study at the Faculty of Medicine, Public Health, and Nursing,
Gadjah Mada University)**

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ABSTRACT

Background: Musculoskeletal Disorders (MSDs) are disorders associated with muscles, bones, joints, ligaments and nerves. Work posture and psychosocial factors are one of the causes of MSDs. Jobs that use computers for a long time such as academic administrative staff have a high risk of MSDs complaints.

Objective: Knowing the effect of work posture and psychosocial factors on MSDs in academic administration employees at the FK-KMK UGM.

Methods: Quantitative method using a cross sectional approach. Determination of the number of samples using purposive sampling technique, namely 84 employees. Data processing through three stages, namely univariate analysis, bivariate analysis using simple linear regression, and multivariate analysis using multiple linear regression. Respondents were analyzed using the Nordic Body Map (NBM), COPSOQ III, International Physical Activity Questionnaire (IPAQ), and Rapid Office Strain Assessment (ROSA).

Results: The results of statistical analysis on 66 respondent out of 84 employees showed that 92.42% of respondents experienced mild and moderate MSDs complaints where social capital (p-value = 0.014) and health and well-being (p-value = 0.009) had a significant influence on MSDs. However, other variables, namely work posture (p-value = 0.696), job demands (p-value = 0.367), and interpersonal relations and leadership (p-value = 0.679) did not have a significant influence on MSDs.

Conclusion: Social capital and health and well-being affect the occurrence of MSDs so employees need to maintain good relationships and utilize the services and facilities provided by the faculty. Management also needs to evaluate and monitor the physical and mental health of employees.

Keywords: Musculoskeletal Disorders (MSDs), work posture, psychosocial factors, ROSA, COPSOQ III.