

ABSTRAK

Tujuan : Penelitian ini bertujuan untuk melakukan analisis hubungan terhadap penerapan ergonomi perkantoran, postur kerja, IMT dan durasi kerja dengan terjadinya keluhan subjektif gangguan muskuloskeletal terkait kerja pada pegawai Bagian Administrasi kantor BAPELKES Semarang di Salaman.

Metode : Jenis penelitian adalah penelitian kualitatif dengan desain penelitian *cross-sectional*. Instrumen yang di gunakan adalah lembar *check list* penerapan ergonomi perkantoran sesuai PERMENKES No 48 Tahun 2016 tentang Keselamatan dan Kesehatan Kerja Perkantoran, kuesioner postur kerja dan kuesioner *Nordic Body Map*. Data penelitian akan di uji *chi square*, *fisher exact* dan *regresi logistik* dengan *software* STATA 13. Hasil analisis *bivariat* dan *multivariat* dengan nilai Nilai Kepercayaan 95 % dan nilai α 0,05

Hasil : Terdapat hubungan antara variabel penerapan ergonomi perkantoran (*p-value* 0,03), variabel postur kerja (*p-values* 0,02) dan tidak terdapat hubungan variabel IMT (*p-values* 0,90) dan variabel durasi kerja (*p-values* 0,19) dengan keluhan subjektif gangguan muskuloskeletal terkait kerja. Analisis *multivariate* disimpulkan bahwa secara bersama-sama hanya postur kerja yang mempunyai hubungan dengan keluhan subjektif gangguan muskuloskeletal terkait kerja (*p-values* 0,02) dan secara statistik bermakna (Prob > Chi2 0,02). Postur kerja mempunyai kontribusi sebanyak 11,4 % terhadap timbulnya keluhan subjektif gangguan muskuloskeletal terkait kerja (Pseudo R2 0,114). Sedangkan penerapan ergonomi perkantoran, IMT dan durasi kerja tidak mempunyai hubungan.

Kesimpulan : Postur kerja dalah faktor yang paling berhubungan dengan terjadinya keluhan subjektif gangguan muskuloskeletal terkait kerja di kantor BAPELKES Semarang di Salaman. Penerapan ergonomi juga memiliki hubungan dengan keluhan subjektif muskuloskeletal sedangkan IMT dan durasi tidak memiliki hubungan yang kuat terhadap terjadinya keluhan subjektif gangguan muskuloskeletal terkait kerja.

Kata Kunci :

Ergonomi Perkantoran, Postur Kerja, IMT, Durasi Kerja, Keluhan Subjektif Gangguan Musculoskeletal Terkait Kerja.

ABSTRACT

Aim : *The purpose of this study was to know the relationship between the office ergonomics implementation, working postures, body mass index and work duration and its relationship with the subjective complaints of musculoskeletal disorders in this part of the administration employees BAPELKES Semarang in Salaman.*

Methodology: *This type of reseatch is qualitative research with cross-sectional study design. The instrument used is a check list sheet based on the application of ergonomic office in the PERMENKES no 48 tahun 2016 about Keselamatan dan kesehatan kerja perkantoran, and Nordic body map questionnaires. The research data tested by the chi square test, Fisher exact and logistic regression by used the Stata software 13. The results of the bivariate analysis applied a value of 95% and a confidence value of 0.05.*

Result : *There is a relationship between the application of ergonomic office (p-value 0.035), and the working posture (p-values of 0.021) and there was no correlation body mass index (p-values of 0.90) and the duration of Work (p-values 0,19) with subjective complaints of work-related musculoskeletal disorders. Multivariate analysis concluded that only the work postures which were happened together that have a relationship with the subjective complaints of work related musculoskeletal disorders with p-values 0.02 and it is statistically significant with a value Prob> Chi2 0.04 and free varaiabel have influence as much as 11.4% of the subjective complaints of work related musculoskeletal disorders (Pseudo R2 0.114).*

Conclusion : *Work posture is the factor that most affect to the occurrence of subjective complaints related to musculoskeletal disorders work in the BAPELKES office of Semarang in Salaman. The implementation of ergonomics also has a connection with the musculoskeletal subjective complaints while the body mass index and duration have no strong relationship to the occurrence of subjective complaints of work-related to musculoskeletal disorders.*

Keywords : *office Ergonomic implementation, Work posture, body mass index, work duration, Subjective Complaint of Work Related Musculoskeletal Disorders*