

INTISARI

Latar Belakang: Keluhan *muskuloskeletal disorders* (MSDs) merupakan keluhan bagian otot skeletal yang dirasakan oleh seseorang mulai dari keluhan ringan sampai dengan keluhan berat, yang umumnya terjadi karena peregangan otot yang terlalu berat dan durasi pembebanan yang terlalu lama, sehingga dapat menyebabkan kerusakan pada sendi, ligament dan tendon. keluhan *muskuloskeletal* berupa rasa sakit, nyeri, mati rasa, kesemutan, bengkak, kekakuan, gemetar, gangguan tidur, dan rasa terbakar yang berakibat pada ketidakmampuan seseorang untuk melakukan pergerakan dan koordinasi gerakan anggota tubuh.

Tujuan Penelitian: Untuk mengetahui tingkat risiko postur kerja dan derajat keluhan *muskuloskeletal* pada pekerja Laboratorium FKMK Universitas Gadjah Mada Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan metode observasional analitik dengan menggunakan rancangan *cross sectional study*. Variabel bebas yaitu postur kerja, dengan variabel terikat yaitu keluhan *muskuloskeletal* pada pekerja laboratorium dengan melakukan pengukuran secara bersamaan pada saat penelitian dalam periode waktu tertentu. Sampel penelitian adalah pekerja laboratorium FKMK Universitas Gadjah Mada Yogyakarta, yang sesuai dengan kriteria inklusi dan eksklusi. Teknik pengambilan sampel dalam penelitian ini dengan cara *total sampling*, yaitu 46 pekerja laboratorium.

Hasil Penelitian: Menurut uji statistik dengan uji *Chi Square* menunjukkan bahwa terdapat 1 variabel pengganggu yaitu masa kerja yang memiliki hubungan signifikan dengan keluhan *muskuloskeletal* dengan nilai $p = 0,00$. Tidak ada hubungan yang signifikan antara postur kerja dengan keluhan *muskuloskeletal*, nilai $p\text{-value} = 0,50$. Tidak ada hubungan yang signifikan antara usia dengan keluhan *muskuloskeletal*, nilai $p\text{-value} = 0,61$. Tidak ada hubungan yang signifikan antara indeks massa tubuh dengan keluhan *muskuloskeletal*, nilai $p\text{-value} = 0,85$.

Kesimpulan: Ada hubungan yang signifikan antara masa kerja dengan keluhan *muskuloskeletal* pada pekerja Laboratorium FKMK Universitas Gadjah Mada Yogyakarta.

Kata kunci: Keluhan *muskuloskeletal*, postur kerja, usia, masa kerja.

ABSTRACT

Work Postural Analysis Using the *Rapid Entire Body Assessment Method* (REBA) Against Complaints of *Musculoskeletal Disorders* (MSDs) In Workers at Laboratory of Faculty of Medicine, Public Health And Nursing, Gadjah Mada University, Yogyakarta

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Background: Complaints of *musculoskeletal disorders* (MSDs) are complaints of skeletal muscles that are felt by a person ranging from mild complaints to severe complaints, which generally occurs due to stretching the muscles that are excessively heavy and the length of the burden is overly long thus can cause damage to the joints, ligaments, and tendons. *Musculoskeletal* complaints such as pain, sore, numb, tingling, swelling, stiffness, trembling, sleep disturbance, and burning that results in a person's inability to carry out movements and coordination of limb movements.

Research purposes: To determine the level of risk of work posture and the degree of *musculoskeletal* complaints in FKKMK Laboratory workers at Gadjah Mada University, Yogyakarta.

Research methods: This study used an observational analytic method using *a cross sectional study design*. The independent variable is the work posture; with the dependent variable are musculoskeletal complaints in laboratory workers by taking measurements simultaneously at the time of the study in a certain period of time. The research sample was FKKMK laboratory workers at Gadjah Mada University, Yogyakarta, which were in accordance with the inclusion and exclusion criteria. The sampling technique in this study was carried out by means of total sampling, which is 46 laboratory workers.

Research result: According to the statistical test with the *Chi-Square* test shows there is one confounding variable, which is the work period has a significant relationship with *musculoskeletal* complaints with a value of $p = 0.00$. There is no significant relationship between work posture and *musculoskeletal* complaints, *p-value* value = 0.50. There was no significant relationship between age with musculoskeletal complaints, *p-value* value = 0.61. There was no significant relationship between body mass index and musculoskeletal complaints, *p-value* value = 0.85.

Conclusion: There is a significant relationship between years of service and *musculoskeletal* complaints in FKKMK Laboratory workers at Gadjah Mada University, Yogyakarta.

Keywords: *Musculoskeletal* complaints, work posture, age, years of service.