

**PENILAIAN POSTUR KERJA DENGAN METODE *RAPID ENTIRE BODY ASSESSMENT* (REBA) DI INDUSTRI JENANG TEGUH RAHARDJO,  
PONOROGO, JAWA TIMUR**

Oleh:  
**Yuyun Dwijayanti<sup>[1]</sup>, Wagiman<sup>[2]</sup>, Agung Putra Pamungkas<sup>[3]</sup>,  
Iman Sabarisman<sup>[4]</sup>**

**ABSTRAK**

Proses produksi jenang Teguh Rahardjo masih manual yaitu dan tidak memperhatikan faktor ergonomi terutama pada unit pengadukan dan pengemasan. Kondisi tersebut dapat menimbulkan keluhan *Musculoskeletal disorders* (MSDs). Tujuan penelitian ini adalah menilai postur kerja pengadukan dan pengemasan jenang yang berisiko menimbulkan keluhan MSDs dan memberikan usulan perbaikan menggunakan pendekatan metode *Rapid Entire Body Assessment* (REBA).

Penilaian postur kerja meliputi sikap leher, punggung, kaki, lengan atas, lengan bawah, pergelangan tangan, berat beban serta faktor pegangan (*coupling*) tangan. Hasil penelitian menunjukkan bahwa aktivitas pengadukan jenang sampel 1 tergolong kategori berbahaya pada sistem *musculoskeletal*. Aktivitas pengadukan jenang sampel 1, pengemasan jenang sampel 1 dan 2 tergolong kategori sedang terhadap sistem *musculoskeletal*. Alternatif perbaikan untuk aktivitas pengadukan yaitu menjaga punggung dan bahu tetap lurus, berdiri dengan kedua kaki lurus, serta sering melakukan peregangan sedangkan aktivitas pengemasan jenang meliputi aktivitas pengemasan dilakukan menggunakan kursi dan meja kerja serta sering mengubah posisi duduk.

Postur kerja pengadukan dan pengemasan jenang memiliki risiko keluhan sistem *musculoskeletal*. Saran untuk mengurangi risiko tersebut yaitu mengurangi postur kerja membungkuk, penerapan *shift* kerja serta memberi pemahaman tentang postur kerja pada pekerja.

Kata kunci: *Jenang, Ergonomi, Musculoskeletal disorders, REBA.*

**WORK POSTURE ASSESSMENT USING RAPID ENTIRE BODY  
ASSESSMENT (REBA) METHOD IN JENANG TEGUH RAHARDJO  
INDUSTRY, PONOROGO, EAST JAVA**

By:  
**Yuyun Dwijayanti<sup>[1]</sup>, Wagiman<sup>[2]</sup>, Agung Putra Pamungkas<sup>[3]</sup>,  
Iman Sabarisman<sup>[4]</sup>**

**ABSTRACT**

*Teguh Rahardjo's jenang production process is still manual, namely and does not pay attention to ergonomic factors, especially in the mixing and packaging unit. These conditions can cause complaints of Musculoskeletal disorders (MSDs). The purpose of this study was to assess the work posture of stirring and packing jenangs at risk of causing MSDs complaints and suggesting improvements using the Rapid Entire Body Assessment (REBA) method.*

*Assessment of work posture includes the stance of the neck, back, legs, upper arms, forearms, wrists, weight and hand coupling factor. The results showed that the stirring activity of sample 1 of the stew was classified as dangerous in the musculoskeletal system. The stirring activity of sample 1 and sample 1 and 2 of stagnant rice was classified as moderate in the musculoskeletal system. Alternative improvements for stirring activities are keeping the back and shoulders straight, standing with straight legs, and stretching frequently, while jenang packaging activities include packing activities carried out using a chair and a work table and frequently changing sitting positions.*

*The working posture of stirring and packing jenang has a risk of complaints of the musculoskeletal system. Suggestions to reduce this risk are reducing the slouching posture, implementing work shifts and providing an understanding of work posture to workers.*

**Keywords:** *Jenang, Ergonomics, Musculoskeletal disorders, REBA.*