

Analisis Penyebab KeluhannMuskuloskeletal pada Perajin Mebel Ukir CV. Titian Art Furniture, Kabupaten Bantul

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ABSTRAK

Latar belakang: Keluhan yang biasa diderita pekerja sektor informal adalah pada sistem muskuloskeletal yaitu nyeri pada otot punggung yang digunakan saat bekerja. Selama ini banyak pekerja sektor informal di daerah yang belum mendapat perlindungan dan jaminan hidup layak saat dalam bekerja. Berdasarkan hasil survei awal yang dilakukan oleh peneliti, diketahui bahwa semua karyawan merasakan keluhan nyeri pada tubuh bagian tertentu terutama bagian leher, bahu, punggung, pinggang, dan pergelangan tangan. Keluhan tersebut dirasakan oleh perajin selama melakukan tugasnya dalam proses pembuatan mebel.

Tujuan: Tujuan dari penelitian ini adalah untuk mengetahui faktor-faktor yang menyebabkan gangguan muskuloskeletal di mebel ukir CV. *Titian Art Furniture*, Kabupaten Bantul. Faktor-faktor tersebut antara lain umur, masa kerja, stres kerja dan kebiasaan merokok.

Metode: Metode yang digunakan dalam penelitian ini adalah kuantitatif dengan menggunakan desain cross sectional. Penelitian akan dilakukan di CV. *Titian Art Furniture*, Kabupaten Bantul. Subjek penelitian sebanyak 56 orang. Variabel bebas dalam penelitian ini adalah umur, masa kerja, stres kerja dan kebiasaan merokok, sedangkan variabel terikat adalah keluhan muskuloskeletal. Pengukuran umur, masa kerja dan kebiasaan merokok dengan kuisisioner identitas subjek penelitian. Pengukuran keluhan muskuloskeletal dengan menggunakan kuesioner *Nordic Body Map* dan pengukuran stres kerja dengan menggunakan kuesioner indikator stres kerja.

Hasil penelitian: Hasil uji bivariante menunjukkan korelasi faktor umur ($p=0,006$), faktor masa kerja ($p=0,053$), stres kerja ($p=0,003$) dan kebiasaan merokok ($p=0,629$) dengan keluhan musculoskeletal. Analisis multivariat dengan metode *backward* menunjukkan koefisien korelasi (R) sebesar 0.495 nilai $R^2 = 0,245$, nilai $F = 8,753$, faktor umur ($p=0,014$) dan stres kerja ($p=0,006$)

Kesimpulan: Terdapat hubungan yang signifikan secara bersama-sama antara faktor umur dan, faktor stres kerja dengan keluhan muskuloskeletal pada perajin mebel CV. *Titian Art Furniture*, Kabupaten Bantul, sedangkan masa kerja dan kebiasaan merokok tidak berpengaruh signifikan terhadap gangguan muskuloskeletal pada perajin mebel ukir CV. *Titian Art Furniture*, Kabupaten Bantul.

Kata Kunci: Keluhan Muskuloskeletal, *Nordic Body Map*, perajin mebel

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Analysis of The Causes of Musculoskeletal Complaints in The Craftsman Carved Furniture of CV. Titian Art Furniture, Bantul District, Yogyakarta

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ABSTRACT

Background. Complaints are common in the informal sector workers are on the musculoskeletal system, including pain in back muscles are used when they working. During this time many informal sector workers in areas that do not receive the protection and guarantee of a decent life while at work. Based on the results of the initial survey conducted by researcher, it is known that all employees feel pain in certain parts of the body, especially the neck, shoulders, back, hips, and wrists. The complaint was felt by craftsmen for doing his job in the furniture making process

Aim. The aim of this study was to determine the factors that cause musculoskeletal complaints in carved furniture CV. Titian Art Furniture, District Bantul. These factors include age, years of service, work stress and smoking habits.

Method. The method used in this research is quantitative using cross sectional design. The study was conducted at CV. Titian Art Furniture, Bantul. Research subjects were 56 people. The independent variables were age , years of service, work stress and smoking habits, while the dependent variable is musculoskeletal complaints. Measurement of age, years of service, smoking habit use a questionnaire identity of the subject of research. Measurement of musculoskeletal complaints using questionnaires Nordic Body Map and work stress measurement using indicators of work stress questionnaire.

Result. Bivariate test results showed a correlation factor of age ($p=0,006$), years of service factor ($p=0,053$), working stress ($p=0.003$) and smoking habits (0.629) with musculoskeletal complaints variable. Multivariate analysis showed a correlation coefficient (R) of 0.495, $R^2 = 0.245$, regression F value = 8.753 and $p=0.001$. it can be concluded that there is a significant relationship ($p < 0.05$) together factor of age ($p=0.014$) and working stress (0.006).

Conclusion. There was significant relationship between age and work stress with musculoskeletal complaints on furniture craftsman carved furniture CV. Titian Art Furniture, District Bantul, there was no significant effect between years of service and smoking habit with musculoskeletal complaint on furniture craftsman carved furniture CV. Titian Art Furniture, District Bantul.

Keyword: musculoskeletal complaints, Nordic Body Map, craftsman carved furniture

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