

## POSTUR KERJA, BEBAN KERJA FISIK DAN KELUHAN MUSKULOSKELETAL PEKERJA PADA INSTALASI GIZI DAN PEMELIHARAAN LINEN DI RUMAH SAKIT JIWA GRHASIA DAERAH ISTIMEWA YOGYAKARTA

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### INTISARI

**Latar belakang.** Keluhan muskuloskeletal merupakan permasalahan yang sering ditemukan dalam pekerjaan. Hal ini bukan hanya terkait dengan hasil kerja tetapi juga faktor-faktor yang mempengaruhi seperti faktor pekerjaan yang meliputi postur, frekuensi, durasi dan beban, faktor beban kerja fisik, faktor individual, lingkungan kerja dan psikologis. Keluhan muskuloskeletal pada pekerja banyak dijumpai pada pekerja yang bekerja dengan *manual material handling*.

**Tujuan.** Untuk Mengetahui hubungan faktor-faktor pekerjaan yang meliputi postur kerja, beban, frekuensi dan durasi serta beban kerja fisik dengan timbulnya keluhan muskuloskeletal pada pekerja di Instalasi Gizi dan Pemeliharaan Linen RSJ Grhasia DIY.

**Metode Penelitian.** Jenis penelitian yang digunakan adalah *explanatory research*, dengan desain penelitiannya *cross sectional study*. Penelitian ini dilakukan di Instalasi Gizi dan Pemeliharaan Linen RSJ Grhasia DIY dengan besar sampel juga 32 pekerja. Metode pengambilan sampel dilakukan secara *total sampling* sedangkan alat ukur penelitian menggunakan kuesioner, *REBA Worksheet* dan pengukuran nadi kerja. Data dianalisis dengan menggunakan uji *rank spearman* dan regresi logistik ordinal.

**Hasil Penelitian.** Beban kerja fisik ( $p=0,030$ , OR= 13,58 dan 95% CI=0,25-4,97) dan postur kerja ( $p=0,045$ , OR=3,92 dan 95% CI=0,03-2,70) berhubungan signifikan dengan keluhan muskuloskeletal baik dalam uji rank spearman maupun regresi logistik ordinal. Jumlah keluhan muskuloskeletal terbanyak dirasakan pekerja adalah sebagai berikut, nyeri bagian pinggang yaitu sebesar 22 orang (10,48 %), bagian bahu kiri 16 orang (7,62 %), bahu kanan 15 orang (7,14 %) dan betis kanan dan leher bagian atas sebesar 13 orang (6,19 %) dan betis kiri 12 orang (5,71 %).

**Kesimpulan.** Postur kerja, beban kerja fisik berhubungan secara serentak dengan timbulnya keluhan muskuloskeletal pada pekerja Instalasi Gizi dan Pemeliharaan Linen RSJ Grhasia DIY.

**Kata kunci :** postur kerja, beban kerja fisik, keluhan muskuloskeletal.

**WORKING POSTURE, PHYSICAL WORKLOAD, AND  
MUSCULOSKELETAL SYMPTOMS OF WORKERS ON THE  
INSTALLATION OF NUTRITION AND MAINTENANCE OF LINEN  
IN A MENTAL HOSPITAL OF GRHASIA  
DAERAH ISTIMEWA YOGYAKARTA**

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**Abstract**

**Background.** Musculoskeletal complaint is a problem that is often found in any work. This is not only related to work outcomes but also affecting factors like the work factors including posture, frequency, duration and the workload, physical workload factors, individual factors, and psychological and working environment. Musculoskeletal symptoms of workers are widely found in workers who work with the manual material handling.

**Purposes.** To know the work factors including work a body postures, load, frequency, duration and physical workload with musculoskeletal symptoms on workers in the installation of nutrition and maintenance of linen in *RSJ* of Grhasia DIY.

**Research Method.** This type of research was explanatory research with cross sectional study as the research design. The research was carried out in the installation of nutrition and maintenance of linen in *RSJ* of Grhasia DIY with the sample were 32 workers. Sampling method was conducted through total sampling while research measure instrument used questionnaires, REBA Worksheet, and direct measurements to find out the relationship between the work a body postures, physical workload with musculoskeletal symptoms. The data were analyzed by using the ordinal logistic regression analysis.

**Results.** Physical workload ( $p=0,030$ ,  $OR= 13,58$  and  $95\% CI=0,25-4,97$ ) and work a body posture ( $p=0,045$ ,  $OR=3,92$  and  $95\% CI=0,03-2,70$ ) were significantly related with musculoskeletal symptoms in both the spearman rank test and the ordinal logistic regression. The biggest number of musculoskeletal symptoms felt by workers were as follows, the waist pain of 22 people (10.48%), parts of the left shoulder of 16 people (7.62%), right shoulder of 15 people (7, 14%) and right calf and upper neck of 13 people (6.19%) and left calf of 12 people (5.71%).

**Conclusion.** Work a body posture, physical workload simultaneously related with musculoskeletal symptoms of workers on the Installation of Nutrition And Maintenance of Linen In *RSJ* Grhasia

**Keywords:** work a body posture, physical workload, musculoskeletal symptoms.

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