

Faktor-Faktor yang Berhubungan dengan Keluhan Subyektif *Musculoskeletal Disorders* (Msds) Pada Pekerja Pembuat Bakso Di Kelurahan Gayamsari Semarang

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ABSTRAK

Latar Belakang : Salah satu penyebab terjadinya keluhan subyektif *Musculoskeletal Disorders* (MSDs) yaitu pekerja dalam melakukan pekerjaan lebih menitikberatkan pada kekuatan dan ketahanan otot. Dalam penelitian pekerja terlalu membungkuk, menunduk dan menekukkan kaki dalam melakukan pekerjaannya. Faktor-faktor yang berhubungan dengan keluhan subyektif MSDs yaitu faktor sikap kerja, frekuensi postur janggal, beban angkat, usia, kebiasaan merokok, lama kerja, masa kerja, status gizi, jenis kelamin, getaran dan tekanan panas. **Metode :** Penelitian ini merupakan penelitian analitik dengan desain *cross sectional*. Sampel dalam penelitian ini sebanyak 35 orang. Variabel yang diteliti yaitu frekuensi postur janggal, beban angkat, masa kerja dan status gizi. Analisis data menggunakan *Chi square*. **Hasil:** Data yang diperoleh dari observasi pada responden dengan frekuensi postur janggal tangan <30 kali/menit (54,3%), frekuensi postur janggal leher ≥ 2 kali/menit (74,3%), beban angkat ≥ 15 kg (54,3%), masa kerja ≤ 3 tahun (60,0%), status gizi normal (54,3%), keluhan subyektif MSDs (77,1%). Berdasarkan uji *chi-square* diperoleh frekuensi postur janggal tangan ($p=0,047$), frekuensi postur janggal bahu ($p=0,001$), frekuensi postur janggal leher ($p=0,001$), frekuensi postur janggal punggung ($p=0,003$), frekuensi postur janggal kaki ($p=0,011$), beban angkat ($p=0,047$), masa kerja ($p=0,039$), dan status gizi ($p=0,700$). **Simpulan :** Ada hubungan antara frekuensi postur janggal, beban angkat, masa kerja dengan keluhan subyektif MSDs. Tidak ada hubungan antara status gizi dengan keluhan subyektif MSDs.

Kata kunci : Frekuensi postur janggal, bakso, *Musculoskeletal Disorders* (MSDs)

ABSTRACT

Background: One of the causes of subjective complaints of Musculoskeletal Disorders (MSDs) is that workers in doing work focus more on muscle strength and endurance. In research workers are too bent, looked down and bent their legs in doing their work. Factors related to subjective complaints of MSDs are work attitudes, frequency of awkward posture, lifting load, age, smoking habits, length of work, years of work, nutritional status, gender, vibration and heat stress. **Method:** This study is an analytical study with cross sectional design. The sample in this study were 35 people. The variables studied were frequency of awkward posture, lifting load, working period and nutritional status. Data analysis using Chi square. **Results:** Obtained from observations respondents with odd hand posture frequency <30 times / minute (54.3%), frequency of awkward neck posture ≥ 2 times / minute (74.3%), lifting load ≥ 15 kg (54.3%), years of service ≤ 3 years (60.0%), normal nutritional status (54.3%), subjective complaints of MSDs (77.1%). Based on the chi-square test, it was found that the frequency of the hand posture ($p = 0.047$), the frequency of shoulder awkward posture ($p = 0.001$), the frequency of awkward neck posture ($p = 0.001$), the frequency of awkward back posture ($p = 0.003$), the frequency of awkward posture of the legs ($p = 0.011$), lifting load ($p = 0.047$), working period ($p = 0.039$), and nutritional status ($p = 0.700$). **Conclusion:** There is a relationship between the frequency of awkward posture, lifting load, working period with subjective complaints of MSDs. There is no relationship between nutritional status and subjective complaints of MSDs.

Keywords: Frequency of awkward postures, meatballs, musculoskeletal disorders (MSDs)