

ANALISIS RISIKO MUSCULOSKELETAL DISORDERS (MSDs) BERDASARKAN KARAKTERISTIK INDIVIDU (Studi Pada Pekerja Pengasapan Ikan di Kelurahan Bandarharjo Kota Semarang Dengan Teknik *Brief Survey*)

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ABSTRAK

Latar belakang : MSDs merupakan salah satu gangguan ergonomi yang sering dialami oleh pekerja yang menitikberatkan pada kekuatan dan ketahanan dalam melakukan pekerjaannya. Penelitian ini bertujuan untuk mengetahui hubungan antara umur, jenis kelamin, masa kerja, IMT, kebiasaan olahraga dan postur tubuh dengan risiko MSDs. **Metode:** Jenis penelitian ini analitik dengan pendekatan *cross sectional*. Subyek penelitian ini adalah pekerja pengasapan ikan. Sampel penelitian ini 49 pekerja pengasapan ikan. Instrumen menggunakan kuesioner, timbangan digital, *microtoise*, *heat stress*, *camera* dan lembar observasi *Brief Survey*. **Hasil:** responden berumur >30 tahun (71.4%), berjenis kelamin perempuan (59.2%), masa kerja ≥ 5 tahun (71.4%), IMT berisiko (59.2%), kebiasaan berolahraga <3 kali seminggu (69.4%), Tingkat risiko MSDs tinggi pada kaki kanan (36.7%), tingkat risiko MSDs sedang pada tangan dan pergelangan tangan kanan (71.4%), dan tingkat risiko MSDs rendah pada siku kiri (98.0%), serta mengalami keluhan MSDs (63.3%). Berdasarkan uji *chi-square*, umur dengan risiko MSDs diperoleh $p=0.815$, jenis kelamin dengan risiko MSDs diperoleh $p=0.012$, masa kerja dengan risiko MSDs diperoleh $p=0.815$, IMT dengan risiko MSDs diperoleh $p=1.000$, kebiasaan olahraga dengan risiko MSDs diperoleh $p=1.000$ dan postur tubuh dengan risiko MSDs perbagian tubuh diperoleh $p>0.05$. **Simpulan:** Ada hubungan yang signifikan antara jenis kelamin ($p=0.012$) dengan risiko MSDs, dan tidak ada hubungan antara umur, masa kerja, IMT, kebiasaan olahraga dan postur tubuh dengan risiko MSDs.

Kata Kunci: Risiko MSDs, Umur, jenis kelamin, masa kerja, IMT, kebiasaan olahraga, postur tubuh

ABSTRACT

Background: MSDs in one of the problems ergonomics often experienced by the workers focus on strength and endurance in doing his job. The purpose of this study was to determine the relationship of ages, sex, working periode, BMI, habit of exercise and posture with risk MSDs. **Methods:** this research is analytic used the *cross sectional*. Object of this research is fogging fish workers. Research sample are 49 workers, the instrument used were a questionnaire, mass digital, *microtoise*, *heat stress*, *camera* and sheet of *Brief Survey* observation. **Results:** The results showed that workers who had ages >30 year (71.4%), are female (59.2%), working period ≥ 5 year (71.4%), risk BMI (59.2%), the habit of exercising is <3 time a week (69.4%), the level risk high of MSDs is in the right of feet (36.7%), the level risk medium of MSDs is in the hand and wrist of the right (71.4%), and the level risk low of MSDs is in the left of elbow (98%), and as well as suffered complaints MSDs (63.3%). Based on the chi square analysis, ages with the risk MSDs obtained $p=0.0815$, sex with the risk MSDs obtained $p=0.012$, working period with the risk MSDs obtained $p=0.0815$, BMI with the risk MSDs obtained $p=1.000$, the habits of exercise with the risk MSDs obtained $p=1.000$, and body posture with the risk MSDs obtained $p>0.05$. **Conclusion:** From the results of the analysis showed that there was a relationship between sex with risk MSDs ($p=0.012$) and there was no relationship between ages, working period, BMI, the habits of exercise, and body posture with risk MSDs.

Keywords: risk MSDs, ages, sex, working period, BMI, the habits of exercise, body posture