

BEBERAPA FAKTOR YANG BERHUBUNGAN DENGAN KELUHAN *Musculoskeletal Disorders* (MSDs) PADA PEKERJA BURUH ANGKUT JAGUNG

(Studi pada Usaha Dagang Nanda Putra di Desa Bandungrejo, Mranggen, Demak Tahun 2017)

Dyah Nur'Aini¹, Mifbakhuddin¹, Ulfa Nurullita¹

Fakultas Kesehatan Masyarakat Universitas Muhammadiyah Semarang¹

ABSTRAK

Latar Belakang : Keluhan *Musculoskeletal disorders* (MSDs) yaitu keluhan yang dirasakan pada anggota tubuh, seperti otot, sendi, ligamen dan tendon yang dirasakan seseorang akibat gerakan berulang (statis). Penelitian ini bertujuan untuk mengetahui apakah faktor usia, masa kerja, posisi kerja, frekuensi merokok dan indeks masa tubuh (IMT) berhubungan dengan keluhan *Musculoskeletal disorders* (MSDs) pada pekerja buruh angkut jagung pada Usaha Dagang Nanda Putra di Desa Bandungrejo, Mranggen, Demak. **Metode :** Penelitian ini menggunakan desain *Cross Sectional*. Teknik pengambilan sampel menggunakan sampel total sampling sebanyak 32 orang, analisis data menggunakan uji *Chi Square*. **Hasil :** Hasil penelitian ini diketahui responden usia produktif (90,6%), masa kerja baru sebanyak (59,4%), frekuensi merokok sedang sebanyak (43,8%), IMT normal sebanyak (65,6%), posisi kerja risiko tinggi sebanyak (46,9%) dan keluhan *Musculoskeletal disorders* (MSDs) risiko rendah (84,4%). Uji hubungan keluhan *Musculoskeletal disorders* (MSDs) dengan usia ($p=0,056$), masa kerja ($p=0,517$), frekuensi merokok ($p=0,076$), indeks masa tubuh (IMT) ($p=0,738$) dan posisi kerja ($p=0,075$). **Kesimpulan :** Tidak ada hubungan antara usia, masa kerja, frekuensi merokok, indeks masa tubuh (IMT)S dan posisi kerja dengan keluhan *Musculoskeletal disorders* MSDs.

Kata Kunci : *Musculoskeletal disorders* (MSDs), Usia, Masa Kerja, Frekuensi Merokok, Indeks Masa Tubuh (IMT), Posisi Kerja

ABSTRACT

Background : *Complaints musculoskeletal disorders (MSDs) the complaints that is felt at of a limb, as a muscle, joints, ligaments and tendons that perceived someone due to the repeated movements (static). This study attempts to know whether factors age, length of employment, a position of employment, the frequency of smoking and an body mass index (BMI) related with complaints musculoskeletal disorders (MSDs) on workers laborers carried corn on trade nanda son in Bandungrejo village, Mranggen, Demak.* **Method :** *This research using design cross sectional. Technique the sample collection use the sample of sampling as many as 32 people, analysis data using test chi square.* **Results :** *The results of this research note respondents age of productive (90.6%), the new work as much as (59.4%), the frequency of smoking are as much (43.8%), IMT (65.6%) as much as normal, the position of high risk as much work (46.9%) and complaints of Musculoskeletal disorders (MSDs) are low risk (84.4%). Test of relationship complaints Musculoskeletal disorders (MSDs) and age ($p = 0,056$), work ($p = 0,517$), the frequency of smoking ($p = 28$), IMT ($p = 0,738$) and position of the work ($p = 0.075$).* **Conclusions :** *No relation between the ages of, working time, the frequency of smoking, body mass index (BMI) and position work with complaints musculoskeletal disorders (MSDs).*

Keywords: *Musculoskeletal Disorders (MSDs), Age, Working Time, Frequency of Smoking, Body Mass Index (BMI), position of Employment*