



UNIVERSITAS ANDALAS

**HUBUNGAN FAKTOR INDIVIDU DAN FAKTOR PEKERJAAN DENGAN
MUSCULOSKELETAL DISORDERS (MSDs) PADA PEKERJA DAMIU
DI KOTA PADANG TAHUN 2023**



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**FAKULTAS KESEHATAN MASYARAKAT
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VIVI SUTIA DESMALINDA, No. BP. 2011216004

**“HUBUNGAN FAKTOR INDIVIDU DAN FAKTOR PEKERJAAN DENGAN
KELUHAN MUSCULOSKELETAL DISORDERS (MSDs) PADA PEKERJA
DAMIU DI KOTA PADANG TAHUN 2023”**

xiii+ 110 halaman, 44 tabel, 22 gambar, 8 lampiran

ABSTRAK

Tujuan Penelitian

Pekerja DAMIU mengandalkan kekuatan fisik untuk bekerja sehingga menimbulkan keluhan *Musculoskeletal Disorders* (MSDs). Survei awal didapatkan sebanyak 13 dari 15 pekerja mengalami MSDs dengan persentase 86,7 %. Tujuan penelitian untuk mengetahui hubungan antara faktor individu dan pekerjaan dengan MSDs pada pekerja DAMIU di Kota Padang.

Metode

Penelitian ini menggunakan desain *cross sectional*. Dilakukan pada bulan November 2022 – Juli 2023 dengan populasi sebanyak 347 orang dan sampel menggunakan Teknik *Proportional Random Sampling* sebanyak 83 orang. Analisis data menggunakan analisis univariat, analisis bivariat (*uji chi-square*) dan analisis multivariat.

Hasil

Hasil penelitian menunjukkan 71,1% pekerja mengalami keluhan MSDs, 34,9% pekerja umur berisiko, 19,3% pekerja masa kerja berisiko, 32,5% pekerja kebiasaan merokok berisiko, 9,6% pekerja IMT berisiko, semua pekerja tidak berisiko beban kerja fisik dan 56,6% pekerja postur kerja berisiko. Hasil uji bivariat menunjukkan tidak ada hubungan antara variabel umur ($p=0,954$), masa kerja ($p=0,192$), kebiasaan merokok ($p=0,233$), IMT ($p=0,330$) dan postur kerja ($p=0,499$) dengan keluhan MSDs, serta tidak ditemukan pengaruh antara variabel independen dengan variabel dependen.

Kesimpulan

Tidak terdapat hubungan antara variabel umur, masa kerja, kebiasaan merokok, IMT dan postur kerja dengan keluhan *musculoskeletal disorders* (MSDs). Disarankan pemilik usaha beserta pihak Puskesmas memberikan edukasi tentang ergonomi saat bekerja bagi pekerja DAMIU.

Daftar Pustaka : 55 (1973- 2023)

Kata Kunci : Faktor Individu, Faktor pekerjaan, MSDs

**FACULTY OF PUBLIC HEALTH
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VIVI SUTIA DESMALINDA, No. BP 2011216004

"THE RELATIONSHIP BETWEEN INDIVIDUAL FACTORS AND OCCUPATIONAL FACTORS WITH COMPLAINTS OF MUSCULOSKELETAL DISORDERS (MSDs) IN DAMIU WORKERS IN PADANG CITY IN 2023"

xiii + 110 pages, 44 tables, 22 pictures, 8 appendices

ABSTRACT

Objectives

DAMIU workers rely on physical strength to work, causing complaints of *Musculoskeletal Disorders* (MSDs). The initial survey found that as many as 13 out of 15 workers experienced *MSDs* with a percentage of 86.7%. The purpose of the study was to determine the relationship between individual and occupational factors with *MSDs* in DAMIU workers in Padang City.

Method

This study used a *cross sectional* design. Conducted in November 2022 – July 2023 with a population of 347 people and samples using *the Proportional Random Sampling* Technique as many as 83 people. Data analysis used univariate analysis, bivariate analysis (*chi-square test*) and multivariate analysis.

Result

The results showed that 71.1% of workers experienced complaints of *MSDs*, 34.9% of workers of at-risk age, 19.3% of workers of risky working period, 32.5% of workers of risky smoking habits, 9.6% of BMI workers at risk, all workers were not at risk of physical workload and 56.6% of workers at risk of work posture. The results of the bivariate test showed no relationship between the variables age ($p = 0.954$), working period ($p = 0.192$), smoking habits ($p = 0.233$), BMI ($p = 0.330$) and work posture ($p = 0.499$) with complaints of *MSDs*, and no influence was found between the independent variable and the dependent variable.

Conclusion

There was no relationship between variables of age, length of work, smoking habits, BMI and work posture with complaints of *musculoskeletal disorders* (MSDs). It is recommended that business owners and the Puskesmas provide education about ergonomics when working for DAMIU workers.

References : 55 (1973- 2023)

Keywords : Factor Individuals, Occupational factors, MSDs