



UNIVERSITAS ANDALAS

**HUBUNGAN *PERSONAL FACTOR* DAN *JOB FACTOR* DENGAN
KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA
PEKERJA DI DAPUR INDUSTRI RENDANG
KOTA PAYAKUMBUH TAHUN 2023**

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FAKULTAS KESEHATAN MASYARAKAT

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INDUSTRI RENDANG KOTA PAYAKUMBUH TAHUN 2023**

xv + 143 halaman, 56 tabel, 26 gambar, 9 lampiran

ABSTRAK

Tujuan Penelitian

Pekerja di dapur industri rendang Kota Payakumbuh rentan mengalami keluhan *Musculoskeletal Disorders* (MSDs) karena pembuatan rendang masih dilakukan manual kurang lebih 8 jam. Survei awal menunjukkan 8 dari 10 pekerja mengalami keluhan MSDs. Tujuan dilakukannya penelitian ini untuk mengetahui hubungan *personal factor* dan *job factor* dengan keluhan MSDs pada pekerja di dapur industri rendang Kota Payakumbuh.

Metode

Penelitian ini menggunakan desain studi *cross sectional*, dilakukan dari bulan Februari-Agustus 2023 terhadap 72 responden dengan teknik *accidental sampling*. Pengolahan data menggunakan analisis univariat dan bivariat (*chi-square*).

Hasil

Hasil analisis menunjukkan 54,2% pekerja mengalami keluhan MSDs berisiko tinggi, 75% umur berisiko, 52,8% pekerja perempuan, 37,5% masa kerja berisiko, 40,3% IMT tidak normal, 45,8% kebiasaan merokok berisiko, 77,8% kebugaran jasmani berisiko, 66,7% postur kerja tidak ergonomis, 48,6% beban kerja berisiko 51,45%, dan 51,45% durasi kerja berisiko. Hasil analisis bivariat menunjukkan terdapat hubungan antara umur ($p=0,000$), masa kerja ($p=0,004$), postur kerja ($p=0,024$), beban kerja ($p=0,009$), dan durasi kerja ($p=0,035$) dengan keluhan MSDs.

Kesimpulan

Terdapat hubungan antara umur, masa kerja, postur kerja, beban kerja, dan durasi kerja dengan keluhan MSDs pada pekerja di dapur industri rendang Kota Payakumbuh. Oleh karena itu, diharapkan tempat kerja dapat menerapkan sistem *shift* dan *rolling* divisi.

Daftar Pustaka : 63 (1970-2023)

Kata Kunci : *job factor*, MSDs, *personal factor*

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, July 2023

INTAN BERLIANA MARIANDA, NO.BP. 1911211032

**THE RELATIONSHIP OF PERSONAL FACTORS AND JOB FACTORS
WITH MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINTS IN
WORKERS OF THE RENDANG INDUSTRIAL KITCHEN OF
PAYAKUMBUH CITY IN 2023**

xv + 143 pages, 56 tables, 26 pictures, 9 appendices

ABSTRACT

Objective

Workers in the rendang industry kitchen in Payakumbuh City are prone to Musculoskeletal Disorders (MSDs) complaints because rendang making is still done manually for approximately 8 hours. The initial survey showed that 8 out of 10 workers experienced MSDs complaints. The purpose of this study was to determine the relationship between personal factors and job factors with MSDs complaints among workers in the rendang industry kitchen in Payakumbuh City.

Method

This research uses a cross-sectional study design, conducted from February to August 2023 on 72 respondents with accidental sampling technique. Data processing using univariate and bivariate analysis (chi-square).

Result

The results of the analysis showed 54,2% of workers experienced high-risk MSDs complaints, 75% of age was at risk, 52,8% of workers were female, 37,5% of working period was at risk, 40,3% of BMI was abnormal, 45,8% of smoking habits were at risk, 77,8% of physical fitness was at risk, 66,7% of posture was not ergonomic, 48,6% of workload was at risk 51,45%, and 51,45% duration of work was at risk. The results of bivariate analysis showed there was a relationship between age ($p=0.000$), length of service ($p=0.004$), work posture ($p=0.024$), workload ($p=0.009$), and work duration ($p=0.035$) with MSDs complaints.

Conclusion

There is a relationship between age, length of service, work posture, workload, and work duration with MSDs complaints in workers in the rendang industry kitchen in Payakumbuh City. Therefore, it is expected that the workplace can implement a shift system and rolling division.

References : 63 (1970-2023)

Keywords : job factor, MSDs, personal factor