



UNIVERSITAS ANDALAS

**HUBUNGAN ANTARA FAKTOR INDIVIDU DAN FAKTOR PEKERJAAN
DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA
PEKERJA BAGIAN PRODUKSI DI PABRIK TATAKAN TELUR
KABUPATEN LIMA PULUH KOTA**

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FAKULTAS KESEHATAN MASYARAKAT

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Skripsi, Agustus 2023

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xv + 134 halaman, 61 tabel, 30 gambar, 12 lampiran

ABSTRAK

Tujuan Penelitian

Pekerja bagian produksi pabrik tatakan telur mengandalkan kemampuan otot pada setiap tahapan kerja sehingga berisiko mengalami keluhan MSDs. Berdasarkan survei awal, keluhan MSDs yang dirasakan pekerja yaitu 30% risiko tinggi, 60% risiko sedang, dan 10% risiko rendah. Penelitian ini bertujuan mengetahui hubungan faktor individu dan faktor pekerjaan dengan keluhan MSDs pada pekerja bagian produksi di Pabrik Tatakan Telur Kabupaten Lima Puluh Kota.

Metode

Penelitian ini menggunakan desain *cross sectional*, dilakukan pada bulan Januari – Agustus 2023. Sampel menggunakan teknik *total sampling* berjumlah 56 pekerja. Pengolahan data menggunakan analisis univariat, bivariat (*chi square*), multivariat (regresi logistik ganda).

Hasil

Hasil penelitian menunjukkan 60,7% pekerja berisiko tinggi MSDs, 55,4% kategori usia berisiko, 53,6% perempuan, 50% merokok, 53,6% masa kerja lama, 57,1% IMT tidak normal, 60,7% tidak berolahraga 73,2% postur kerja tidak ergonomis, dan 62,5% beban kerja sedang. Hasil uji statistik menunjukkan terdapat hubungan antara usia ($p\text{-value}=0,043$), masa kerja ($p\text{-value}=0,004$), kebiasaan olahraga ($p\text{-value}=0,001$), postur kerja ($p\text{-value}=0,026$), dan beban kerja ($p\text{-value}=0,003$) dengan keluhan MSDs. Faktor yang paling dominan yaitu beban kerja (OR=8,836).

Kesimpulan

Terdapat hubungan antara usia, masa kerja, kebiasaan olahraga, postur kerja, dan beban kerja dengan keluhan MSDs. Diharapkan pemilik pabrik untuk memperhatikan K3 di tempat kerja dengan menyediakan sarana prasarana kerja ergonomis.

Daftar Pustaka : 65 (2004-2023)

Kata Kunci : Faktor Individu, Faktor Pekerjaan, MSDs

**FACULTY OF PUBLIC HEALTH
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MAYA KHAIRUNISA, No. BP. 1911211042**

**RELATIONSHIP BETWEEN INDIVIDUAL FACTORS, JOB FACTORS AND
MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINT OF
PRODUCTION PART WORKERS AT THE EGG TRAY FACTORY IN LIMA
PULUH KOTA DISTRICT**

xv + 134 pages, 61 tables, 30 pictures, 12 attachments

ABSTRACT

Objective

Workers in the production section at the egg tray factory rely on muscle ability at every work step so that they are at risk of MSDs complaints. Based on an initial survey, MSDs complaints felt by workers consisted of 30% high risk, 60% medium risk, and 10% low risk. This study aims to determine the relationship between individual factors and job factors with MSDs complaint at the egg tray factory in Lima Puluh Kota District.

Method

This study used a cross sectional design, conducted from January to August 2023. The sample using total sampling technique amounted to 56 workers. Data processing using univariate, bivariate (chi square), multivariate (multiple logistic regression).

Result

The results showed that 60.7% of workers experienced a high risk of MSDs, 55.4% of age categories were at risk, 53.6% were female, 50% smoked, 53.6% had a long working period, 57.1% had abnormal BMI, 60.7% did not do sport, 73.2% of work postures were not ergonomic, and 62.5% of workload were moderate. The statistical test results show there was a significant relationship between age (p-value=0.043), length of work experience (p-value=0.004), sports habits (p-value=0.001), work posture (p-value=0.026), workload (p-value=0.003) and MSDs complaints. The most dominant factor was workload (OR=8,836).

Conclusion

There was a relationship between age, length of service, sports habits, work posture, workload and MSDs complaints. It is expected for factory owners to pay attention to HSE in the workplace by providing ergonomic work infrastructure.

Bibliography : 65 (2004-2023)

Keyword : Individual Factors, Job Factors, MSDs