UNIVERSITAS ANDALAS

DETERMINAN KARAKTERISTIK INDIVIDU DAN FAKTOR ERGONOMI TERHADAP KELUHAN *MUSCULOSKELETAL* PADA PEKERJA KELAPA SAWIT DI PT TYE KABUPATEN KAMPAR TAHUN 2024

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xiii + 128, 33 tabel, 32 gambar, 11 lampiran

ABSTRAK

Tujuan Penelitian

Pekerjaan di perkebunan kelapa sawit melibatkan postur tidak ergonomis, sehingga meningkatkan risiko MSDs. Data PT. TYE Kampar menunjukkan MSDs sebagai penyakit kedua terbanyak (20%) pada tahun 2024. Penelitian ini bertujuan untuk mengetahui determinan karakteristik individu dan ergonomi terhadap keluhan MSDs.

Metode

Jenis penelitian kuantitatif desain *cross-sectional* yang dilakukan pada bulan Mei–Desember 2024 di PT TYE Kabupaten Kampar dengan sampel 88 pekerja yang didapatkan melalui metode *accidental sampling*. Data dianalisis menggunakan univariat dan bivariat.

Hasil

Hasil univariat menunjukan 65,9% pekerja mengalami MSDs. Hasil bivariat menunjukkan terdapat hubungan antara usia ($p = 0,020$), postur siku kiri & kanan ($p = 0,036$), postur bahu kiri ($p = 0,048$), postur bahu kanan ($p = 0,027$), postur punggung ($p = 0,028$), beban fisik ($p = 0,00$), durasi ($0,030$) dengan MSDs. Tidak terdapat hubungan masa kerja ($p = 0,612$), postur tangan dan pergelangan tangan kiri & kanan ($p = 0,817$), postur leher ($p = 0,959$), postur kaki ($p = 0,723$) dengan MSDs.

Kesimpulan

Faktor karakteristik individu dan faktor ergonomi memengaruhi MSDs pada pekerja kelapa sawit. Perusahaan disarankan mengganti alat manual dengan mesin ergonomis dan mendorong pekerja melakukan peregangan saat bekerja.

Daftar Pustaka : 58 (1989-2023)

Kata kunci　　　: MSDs, ergonomi, BRIEF

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DETERMINANTS OF INDIVIDUAL CHARACTERISTICS AND ERGONOMIC FACTORS ON MUSCULOSKELETAL DISORDERS IN OIL PALM WORKERS AT PT TYE KAMPAR DISTRICT IN 2024

xiii + 128 pages, 33 tables, 32 pictures, 11 appendices

ABSTRACT

Objectives

Work in oil palm plantations involves non-ergonomic postures, increasing the risk of MSDs. Data from PT TYE Kampar shows MSDs as the second most common disease (20%). This study aims to determine the determinants of individual characteristics and ergonomics on MSDs

Method

This type of cross-sectional design quantitative research was conducted in Mei - December 2024 at PT TYE Kampar Regency with a sample of 88 workers obtained through accidental sampling method. Data were analyzed using univariate and bivariate.

Result

Univariate analysis showed 65.9% of workers experienced MSDs. Bivariate analysis found associations between age (p = 0.020), left and right elbow posture (p = 0.036), left shoulder posture (p = 0.048), right shoulder posture (p = 0.027), back posture (p = 0.028), physical load (p = 0.00), and duration (p = 0.030) with MSDs. No associations were found with working period (p = 0.612), hand and wrist posture (p = 0.817), neck posture (p = 0.959), or foot posture (p = 0.723).

Conclusion

Individual characteristics and ergonomic factors significantly influence MSDs among oil palm workers. Companies are advised to adopt ergonomic machinery and encourage worker stretching during tasks.

References : 58 (1989-2023)

Keyword   : MSDs, ergonomy, BRIEF