

# GAMBARAN GANGGUAN SISTEM MUSKULOSKELETAL PADA FISIOTERAPIS DI KOTA DEPOK

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## Abstrak

Gangguan sistem muskuloskeletal adalah sekelompok gangguan otot, tendon, dan saraf yang menyakitkan. Selain itu, gangguan sistem muskuloskeletal juga merupakan penyebab umum dari rasa sakit kronis yang parah dan cacat fisik. Penyebab gangguan sistem muskuloskeletal dapat dibagi menjadi dua yaitu faktor individu dan faktor pekerjaan. Gangguan sistem muskuloskeletal yang terjadi akibat faktor pekerjaan dapat menimbulkan WMSDs (*work-related musculoskeletal disorder's*). WMSDs (*work-related musculoskeletal disorder's*) adalah salah satu penyakit yang disebabkan oleh beban pekerjaan dan paling umum terjadi di antara karyawan kesehatan di seluruh dunia. WMSDs (*work-related musculoskeletal disorder's*) adalah resiko gangguan kesehatan yang sering terjadi dalam profesi fisioterapi. Fisioterapi dapat menyebabkan WMSDs (*work-related musculoskeletal disorder's*) pada fisioterapis karena sifat profesi mereka. Penelitian tentang gambaran gangguan sistem muskuloskeletal pada fisioterapis di Indonesia masih sangat terbatas khususnya di Kota Depok. Oleh karena itu, tujuan dari penelitian ini adalah untuk mengetahui dan menganalisis gambaran gangguan sistem muskuloskeletal pada fisioterapis di Kota Depok. Penelitian ini merupakan penelitian deskriptif kuantitatif menggunakan pendekatan *survey* dengan kuesioner. Parameter yang digunakan untuk mengukur gangguan sistem muskuloskeletal dalam penelitian ini adalah *Nordic Body Map Questionnaire*, dan teknik pengambilan sampel *purposive sampling* dengan besar sampel sebanyak 70 fisioterapis di Kota Depok. Analisis data yang digunakan adalah analisis univariat. Hasil penelitian menunjukkan sebanyak 70 fisioterapis di Kota Depok, didapatkan (97,1%) dengan klasifikasi subjektif gangguan sistem muskuloskeletal tingkat risiko ringan, dan (2,9%) tingkat risiko sedang. Keluhan gangguan sistem muskuloskeletal yang paling banyak dialami ada pada regio regio pinggang (97,2%), diikuti leher bawah (95,7%), dan leher atas (95,7%).

**Kata kunci** :Gangguan Sistem Muskuloskeletal, WMSDs (*work-related musculoskeletal disorder's*), Fisioterapi, Fisioterapis.

# MUSCULOSKELETAL DISORDERS AMONG DEPOK PHYSIOTHERAPISTS

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## **Abstract**

Musculoskeletal disorders are a group of painful disorders of muscles, tendons, and nerves. They are common causes of severe chronic pain and physical disability. Causes of musculoskeletal disorders can be divided into two, namely individual factors and occupational factors. Musculoskeletal disorders that occur due to work factors can cause WMSDs (work-related musculoskeletal disorder's). WMSDs (work-related musculoskeletal diseases) are one of the most common occupational ailments among healthcare employees around the world. Work-related musculoskeletal disorders (WMSDs) are an important health risk within the physiotherapy profession. Physiotherapy can lead to WMSDs in physiotherapists because of the nature of their profession. There were limited studies carried out regarding musculoskeletal disorders among physiotherapists in Indonesia, particularly in Depok. . Therefore, the aim of this study was to identify and analyze the description of musculoskeletal disorders among physiotherapists in Depok City. The design of this research is a quantitative descriptive study using a survey approach with a questionnaire. The parameter used to measure musculoskeletal disorders in this study was the Nordic Body Map Questionnaire. and the sampling technique was purposive sampling with the samples of 70 physiotherapists in Depok City. Analysis of the data used is univariate analysis. The results showed as many as 70 physiotherapists in Depok City, obtained (97.1%) with a subjective classification of musculoskeletal disorders with a mild risk level, and (2.9%) a moderate risk level. The most frequent complaints of musculoskeletal disorders were in the lumbar region (97.2%), followed by the lower neck (95.7%), and the upper neck (95.7%).

**Keywords** : Musculoskeletal disorders, WMSDs (work-related musculoskeletal diseases), Physiotherapy, Physiotherapists