Perbandingan Keluhan Muskuloskeletal Dengan Dan Tanpa Gangguan Sosial Media Pada Mahasiswa Fakultas Kedokteran

Fatma M Idrus Baagil

ABSTRAK

Pada pandemi Covid-19 sebagian besar aktivitas mahasiswa kedokteran dilaksanakan secara daring, sehingga membuat mahasiswa berisiko mengalami gangguan sosial media dan keluhan muskuloskeletal. Penelitian ini guna mendapat informasi mengenai perbedaan keluhan muskuloskeletal antara mahasiswa kedokteran dengan atau tanpa gangguan sosial media. Metode studi potong lintang dan teknik random stratified proportional sampling pada mahasiswa kedokteran Universitas Pembangunan Nasional "Veteran" Jakarta Tahun 2021. Menggunakan kuesioner karakteristik subjek, Nordic Body Map dan Social Media Disorder questionnaire. Hasil analisis didapatkan 32,8% dari 64 subjek mengalami gangguan sosial media. Bagian dari tubuh yang dominan mengalami keluhan adalah leher atas (47,6%), leher bawah (42,9%), punggung (52,4%), pinggang (61,9%), dan pergelangan tangan kanan (7%). Hasil uji Chi-square exact didapatkan perbedaan keluhan muskuloskeletal mahasiswa yang mengalami gangguan sosial media dan tidak mengalami gangguan media sosial ($p = 0,001$). Terdapat perbedaan keluhan pada leher atas dan pinggang ($p < 0,05$), tetapi tidak pada bagian leher bawah, punggung dan pergelangan tangan kanan ($p > 0,05$) antara mahasiswa yang mengalami gangguan sosial media dengan yang tidak mengalami gangguan sosial media. Hasil penelitian ini menunjukkan perlunya self-awareness terhadap keluhan fisik muskuloskeletal dan gangguan media sosial sehingga masalah tersebut dapat segera diatasi.

Kata kunci: Gangguan Sosial Media, Keluhan Muskuloskeletal, Mahasiswa Kedokteran

Comparison of Musculoskeletal Complaints With and Without Social Media Disorders in Medical Faculty Students

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Abstract

During the Covid-19 pandemic, most medical students' activities were carried out online, thus putting students at risk of experiencing social media disorders and musculoskeletal complaints. This study aims to compare musculoskeletal complaints between medical students with or without social media disorders. The research used a cross-sectional study and random stratified proportional sampling technique in medical students at the National Development University "Veteran" Jakarta in 2021. The research instruments used were the subject characteristic questionnaire, the Nordic Body Map, and the Social Media Disorder questionnaire. The analysis found that 32.8% of the 64 subjects experienced social media disorders. The body parts that experienced the most complaints were the upper neck (47.6%), lower neck (42.9%), back (52.4%), waist (61.9%), and right wrist (7%). The results of the Chi-square exact test displayed differences in musculoskeletal complaints between students who experienced social media disorders and those who did not experience social media disorders ($p = 0.001$). There were differences in complaints on the upper neck and waist ($p < 0.05$), but not on the lower neck, back and right wrist ($p > 0.05$) between students who experienced social media disorders and those who did not experience social media disorders. This study indicate the need for self-awareness of musculoskeletal physical complaints and social media disorders so that these problems can be resolved immediately.

Keywords: *Medical Students, Musculoskeletal Complaints, Social Media Disorders*