

# HUBUNGAN ANTARA POSTUR KERJA DENGAN *WORK-RELATED MUSCULOSKELETAL DISORDERS* PADA PEKERJA BANGUNAN PERUSAHAAN X

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## Abstrak

Konstruksi bangunan menjadi sektor yang paling berbahaya dan rawan cedera di dunia salah satunya pada penanganan material konstruksi berat secara manual. Hal tersebut dapat memacu timbulnya Penyakit Akibat Kerja yaitu keluhan muskuloskeletal akibat kerja. Penyebabnya bisa disebabkan oleh faktor ergonomi yang bersifat kronis seperti beban kerja, frekuensi, durasi, postur kerja yang tidak ergonomis, dan dilakukan secara berulang-ulang. Penelitian ini bertujuan untuk menganalisis hubungan antara postur kerja dengan *work-related musculoskeletal disorders* pada pekerja bangunan Perusahaan X. Penelitian ini menggunakan metode penelitian pendekatan kuantitatif dan desain penelitian secara *cross sectional*. Teknik pengambilan data sampel yang digunakan ialah *purposive sampling* yang diperoleh dari 38 jumlah sampel. Alat ukur variabel yang digunakan ialah *Ovako Work Posture Analysis System* (OWAS) untuk menganalisa postur kerja dan *The Indonesian Version of the Nordic Musculoskeletal Questionnaire* (NMQ) sebagai analisa keluhan muskuloskeletal akibat kerja. Hasil uji korelasi pada penelitian ini dari uji korelasi *Spearman* diperoleh nilai  $p= 0,000 (<0,05)$  dan nilai *correlation coefficient* pada postur kerja bernilai  $r= 1$  dan *Work-related Musculoskeletal Disorder* bernilai  $r= 0,670$ . Hal tersebut menandakan bahwa adanya hubungan postur kerja dengan *work-related musculoskeletal disorders* dengan kategori tingkat *moderate*.

**Kata kunci:** NMQ; OWAS; Pekerja bangunan; Postur kerja; *Work-related musculoskeletal disorders*

# **THE RELATIONSHIP BETWEEN WORK POSTURE WITH WORK-RELATED MUSCULOSKELETAL DISORDERS IN COMPANY X'S BUILDING WORKERS**

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## **Abstract**

Building construction is the most dangerous and injury-prone sector in the world, one of which is manual handling of heavy construction materials. This can spur the emergence of Occupational Diseases, namely musculoskeletal complaints due to work. This can be caused by chronic ergonomic factors, namely workload, frequency, duration, work postures that are not ergonomic, and are carried out repeatedly. The purpose of this research paper is to analyze the relationship between work posture and work-related musculoskeletal disorders in construction workers at Company X. This research uses a quantitative approach research method and a cross-sectional research design. The sample data collection technique used was purposive sampling obtained from 38 samples. The variable measuring instruments used are the Ovako Work Posture Analysis System (OWAS) to analyze work postures and The Indonesian Version of the Nordic Musculoskeletal Questionnaire (NMQ) to analyze musculoskeletal complaints due to work. The results of the correlation test in this study from the Spearman correlation test obtained a value of  $p = 0.000 (<0.05)$  and the value of the correlation coefficient on work posture was worth  $r = 1$  and Work-related Musculoskeletal Disorder was worth  $r = 0.670$ . This indicates that there is a relationship between work posture and work-related musculoskeletal disorders with a moderate level category.

**Keywords:** Construction workers; NMQ; OWAS; Work posture; Work-related musculoskeletal disorders