

HUBUNGAN ANTARA RISIKO POSISI KERJA DENGAN NYERI *MUSCULOSKELETAL DISORDERS* PADA PEKERJA PABRIK TAHU JAKARTA TIMUR

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Abstrak

Latar Belakang: Posisi Kerja berkaitan erat dengan kebiasaan seseorang serta fasilitas maupun lingkungan dalam bekerja. Posisi Kerja merupakan salah satu titik penentu dalam menganalisis keefektifan kerja. Keluhan yang paling sering dijumpai pada keluhan pegawai pabrik adalah masalah pada Posisi Kerja yang salah kemudian diikuti dengan adanya keluhan pada sistem muskuloskeletal yang biasa disebut juga keluhan *musculoskeletal disorders* (MSDS). **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara Posisi Kerja dan nyeri *musculoskeletal* pada pekerja pabrik tahu Jakarta Timur. **Metode:** Metode penelitian yang digunakan adalah kuantitatif observasional dengan pendekatan *cross sectional*. Sebanyak 60 pekerja pabrik tahu di Jakarta Timur berpartisipasi dalam penelitian ini, parameter yang digunakan adalah REBA (*Rapid Entire Body Assesment*) guna untuk menilai Posisi Kerja dan kuisioner NBM (*Nordic Body Map*) guna untuk menilai keluhan pada *musculoskeletal*. **Hasil:** penelitian ini menggunakan uji korelasi *spearman* diperoleh nilai $p=0,000$ ($<0,05$) dan nilai *correlation coefficient* kedua variabel $r=0,454$. **Kesimpulan:** Semakin tinggi tingkat risiko kerja yang dirasakan oleh pekerja, maka semakin tinggi juga nyeri muskuloskeletal pada pekerja pabrik tahu Jakarta Timur.

Kata Kunci: Risiko Posisi Kerja; Nyeri *musculoskeletal disorders*; *Rapid Entire Body Assesment* (REBA); *Nordic Body Map* (NBM)

RELATIONSHIP BETWEEN WORK POSITION RISK AND MUSCULOSKELETAL DISORDERS PAIN IN TOFULL FACTORY WORKERS, EAST JAKARTA

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Abstract

Background: Working position is closely related to a person's habits and also the facilities or environment he works. Work position is one of the determining points in analyzing the effectiveness of work. Complaints that are most often found in factory employee complaints are problems in the wrong working position followed by complaints of the musculoskeletal system or commonly called complaints of musculoskeletal disorders (MSDS). Meanwhile, based on the results of a study from the Indonesian Ministry of Health, it illustrates that health problems in Indonesia: there are around 40.5% of workers' illnesses due to work. Based on the survey, there were health problems for around 9,482 workers in 12 locations, followed by complaints of MSDS 16%, Cardiovascular 8% and Neurological 5%, Respiratory 3%, Ear and Throat 1.5%. **Objective:** This study aims to determine the relationship between work position and musculoskeletal pain in tofu factory workers in East Jakarta. **Method:** The research method used is quantitative observational with a cross sectional approach. As many as 60 tofu factory workers in East Jakarta participated in this study, the parameters used were REBA (Rapid Entire Body Assessment) to assess work position and the NBM (Nordic Body Map) questionnaire to assess musculoskeletal complaints. **Results:** this study used the Spearman correlation test to obtain a value of $p = 0.000 (<0.05)$ and the value of the correlation coefficient of the two variables was $r = 0.454$. **Conclusion:** This indicates that there is a relationship between

Keywords: Work position; Musculoskeletal disorders pain; Rapid Entire Body Assessment (REBA); Nordic Body Map (NBM)