

# HUBUNGAN ANTARA NYERI *MUSCULOSKELETAL DISORDERS* DENGAN KUALITAS TIDUR PADA TENAGA KEPERAWATAN RUMAH SAKIT X

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## Abstrak

**Latar Belakang:** Kasus *musculoskeletal Disorders* setiap tahunnya terdapat 2 juta kasus. Di Indonesia masalah kesehatan menunjukan sekitar 40,55% penyakit dialami para pekerja yang ada hubungannya dengan pekerjaan di antaranya *Musculoskeletal disorders* (MSDs) sebanyak 16%. Tenaga Keperawatan dapat mengalami gangguan muskuloskeletal seperti nyeri bahu, nyeri punggung bawah adalah hal yang sering dijumpai setiap harinya dan mempunyai prevalensi tertinggi di seluruh dunia. Ketika mengalami gangguan *musculoskeletal Disorders* bisa terjadinya rasa nyeri, pegal dan tidak nyaman diposisi tertentu. **Tujuan Penelitian:** Untuk mengetahui adanya hubungan antara nyeri *musculoskeletal disorders* dengan kualitas tidur tenaga keperawatan. **Metode Penelitian:** Penelitian ini menggunakan metode *cross-sectional*. Dengan sampel 60 tenaga keperawatan, penelitian ini dilaksanakan menggunakan kuesioner dengan alat ukur *Nordic Body Map* dan PSQI (*Pittsburgh Sleep Quality Index*).

**Kata Kunci:** Tenaga keperawatan; Nyeri muskuloskeletal; Kualitas tidur; *Nordic Body Map* ; Kuesioner PSQI (*Pittsburgh Sleep Quality Index*)

# **RELATIONSHIP BETWEEN MUSCULOSKELETAL PAIN DISORDERS AND SLEEP QUALITY HOSPITAL NURSING PERSONNEL X**

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## **Abstract**

**Background:** There are 2 million cases of musculoskeletal disorders every year. In Indonesia, health problems indicate that around 40.55% of diseases are experienced by workers who have something to do with work, including musculoskeletal Disorders (MSDs) as much as 16%. Nursing staff can experience musculoskeletal disorders such as shoulder pain, low back pain which is something that is often encountered every day and has the highest prevalence worldwide. When experiencing musculoskeletal disorders, pain, soreness and discomfort can occur in certain positions. **Research objective:** To determine the relationship between pain in musculoskeletal disorders and sleep quality of nursing staff. **Research method:** This study used a cross-sectional method. With a sample of 60 nursing staff, this research was carried out using a questionnaire with the Nordic Body Map and PSQI (Pittsburgh Sleep Quality Index) measurement tools.

**Keywords:** Nursing; musculoskeletal pain; sleep quality; Nordic Body Map – PSQI (Pittsburgh Sleep Quality Index) Questionnaire.