GAMBARAN PENGENDALIAN RISIKO ERGONOMI MUSCULOSKELETAL DISORDERS PADA PEKERJA E-SPORT MOBILE LEGENDS BANG-BANG DI TIM EVOS TAHUN 2023

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Abstrak

Pengendalian risiko ergonomi untuk mencegah *musculoskeletal disorders* melibatkan serangkaian tindakan yang dirancang untuk mengurangi risiko yang dapat menyebabkan cidera pada sistem *musculoskeletal*. Penelitian ini bertujuan untuk menggambarkan pengendalian risiko musculoskeletal disorders di tim EVOS Mobile Legends. Penelitian ini menggunakan metode kualitatif deskriptif dengan wawancara mendalam dan observasi. Penelitian menggunakan teknik triangulasi sumber dan triangulasi metode. Terdapat tiga informan dalam penelitian ini yaitu informan kunci manager dari tim EVOS, informan utama pekerja di tim EVOS, dan informan pendukung coach EVOS. Hasil penelitian menunjukkan bahwa terdapat beberapa risiko pada atlet di tim EVOS berdasarkan waktu kerja dan beban kerja. Tim EVOS melakukan beberapa program untuk melakukan pengendalian risiko seperti *workout* dan fisioterapis pada atlet di tim EVOS. Hal ini berhasil dilakukan untuk mengurangi risiko ergonomi dibuktikan dengan hasil Nordic Body Map dengan tingkat risiko rendah pada atlet di tim EVOS. Akan tetapi, diperlukan perubahan pada waktu kerja yang diberlakukan dan menambahkan aktivitas fisik untuk mengurangi risiko ergonomi *musculoskeletal disorders*

Kata Kunci: Ergonomi, *E-Sport*, EVOS, Mobile Legends, *Musculoskeletal Disorders*

ANALYSIS OF ERGONOMIC RISK CONTROL OVERVIEW OF MUSCULOSKELETAL DISORDERS IN MOBILE LEGENDS BANG-BANG E-SPORT ATHLETE IN EVOS TEAM IN 2023

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Abstract

Ergonomic risk control to prevent musculoskeletal disorders involves a series of actions designed to reduce the risks that can cause injury to the musculoskeletal system. This study aims to analyze the description of risk control for musculoskeletal disorders in the EVOS Mobile Legends team. This research uses descriptive qualitative methods with in-depth interviews and observations. The research used source triangulation and method triangulation techniques. There are three informants in this study, namely the key informant manager of the EVOS team, the main informant of the workers in the EVOS team, and the supporting informant of the EVOS coach. The results showed that there are several risks to athletes in the EVOS team based on working time and workload. The EVOS team conducts several programs to control risks such as workouts and physiotherapists for athletes in the EVOS team. This was successfully done to reduce ergonomic risks as evidenced by the results of the Nordic Body Map with a low risk level for athletes on the EVOS team. However, changes are needed to the working time applied and adding physical activity to reduce the ergonomic risk of musculoskeletal disorders.

Keyword: Ergonomic, E-Sport, EVOS, Mobile Legends, Musculoskeletal Disorders