

# HUBUNGAN BEBAN KERJA DAN SIKAP ERGONOMIS PERAWAT DENGAN KEJADIAN *WORK RELATED MUSCULOSKELETAL DISORDER* DI RUANG RAWAT INAP RSUD TARAKAN JAKARTA

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## Abstrak

Adanya perawat yang mengalami gangguan muskuloskeletal akibat kerja yang disebut *Work Related Musculoskeletal Disorder* (WMSD) di rumah sakit. Prevalensi tahunan WMSDs di kalangan perawat mengalami peningkatan dan merupakan yang tertinggi dibandingkan profesi tenaga kesehatan lainnya yang ditemukan sebesar 77,2%. Beberapa faktor pekerjaan seperti beban kerja, postur kerja, dan durasi bekerja dilaporkan sebagai hal yang mempengaruhi prevalensi WMSDs. Tujuan dari penelitian ini yakni untuk mengetahui apakah terdapat hubungan beban kerja dan sikap ergonomis dengan kejadian *work related musculoskeletal disorder* pada perawat rawat inap RSUD Tarakan Jakarta. Metode dalam penelitian ini yaitu kuantitatif dengan pendekatan *cross sectional* dengan *purposive sampling* sebanyak 100 perawat rawat inap RSUD Tarakan Jakarta. Instrumen penelitian yang digunakan adalah NASA-TLX, *Workplace Ergonomics Risk Assessment*, dan *Nordic Body Map* dengan uji analisis *Chi Square*. Hasil uji *Chi Square* didapatkan *p value* 0,025 ( $p < 0,05$ ) yaitu terdapat hubungan antara beban kerja dengan kejadian *work related musculoskeletal disorder* pada perawat dan terdapat hubungan antara sikap ergonomis dengan kejadian *work related musculoskeletal disorder* dengan *p value*  $< ,001$  ( $p < 0,05$ ). Peneliti merekomendasikan pada pelayanan kesehatan khususnya keperawatan diharapkan mengadakan program ergonomi untuk mengevaluasi, mencegah, dan mengatur pekerjaan yang dihubungkan dengan *musculoskeletal disorders* pada perawat.

**Kata Kunci:** Beban Kerja, Perawat, Sikap Ergonomis, *Work Related Musculoskeletal Disorder*

# **THE RELATIONSHIP BETWEEN WORKLOAD AND ERGONOMIC ATTITUDES OF NURSES WITH THE INCIDENCE OF WORK RELATED MUSCULOSKELETAL DISORDER IN THE INPATIENT ROOM OF RSUD TARAKAN JAKARTA**

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## ***Abstract***

*There are nurses who experience musculoskeletal disorders due to work in hospitals called Work Related Musculoskeletal Disorder (WMSDs). The annual prevalence of WMSDs among nurses has increased and is the highest compared to other healthcare professionals, which was found to be 77,2%. Several work factors such as workload, work posture, and work duration have been reported to influence the prevalence of WMSDs. The purpose of this study is to determine the relationship between workload and ergonomic attitude with the incidence of Work Related Musculoskeletal Disorder in inpatient room nurses at RSUD Tarakan Jakarta. This study used quantitative research method with cross sectional approach with purposive sampling of 100 inpatient room nurses of RSUD Tarakan Jakarta. The research instruments used are NASA-TLX, Workplace Ergonomics Risk Assessment, and Nordic Body Map with Chi Square analysis method. The result of the Chi Square test obtained a p value of 0,025 ( $p < 0,05$ ) on the analysis of the relationship between workload and the incidence of work related musculoskeletal disorder and the result of the Chi Square test analysis of the relationship between ergonomic attitude and the incident of work related musculoskeletal disorder obtained a p value of  $<.001$  ( $p < 0,05$ ). Researcher recommends to healthcare services, especially nursing, are expected to conduct ergonomics programs to evaluate, prevent, and manage work associated with musculoskeletal disorders in nurses.*

**Keyword:** *Ergonomics Attitude, Nurse, Work Related Musculoskeletal Disorder, Workload*