HUBUNGAN POSTUR KERJA, MASA KERJA, DAN BEBAN KERJA, SERTA KARAKTERISTIK INDIVIDU DENGAN KELUHAN *SHOULDER PAIN* PADA PORTER DI STASIUN PASAR SENEN

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Abstrak

Porter berisiko mengalami keluhan *shoulder pain* ketika melakukan pekerjaannya, yaitu membawa barang-barang penumpang. Keluhan *shoulder pain* dapat meningkat karena postur kerja yang tidak ergonomis, lamanya masa kerja seseorang, beban kerja yang berat, dan faktor individu. Tujuan dari penelitian ini adalah untuk mengetahui hubungan postur kerja, masa kerja, dan beban kerja, serta karakteristik individu dengan keluhan *shoulder pain* pada porter di Stasiun Pasar Senen. Desain studi yang diterapkan adalah *cross-sectional*. Penelitian dilaksanakan pada bulan Mei – Juni 2024 dengan sampel penelitian sebesar 134 responden melalui teknik *purposive sampling*. Instrumen penelitian ini adalah kuesioner *Shoulder Pain and Disability Index* (SPADI), lembar *Rapid Upper Limb Assessment* (RULA), kuesioner identitas diri, serta *pulse oximeter*. Analisis penelitian ini menggunakan uji *chi-square*. Hasil analisis mengemukakan adanya hubungan keluhan *shoulder pain* terhadap umur ($p=0,000$), postur kerja ($p=0,003$) dan masa kerja ($p=0,000$). Sementara itu, tidak ada hubungan antara keluhan *shoulder pain* dengan status gizi, kebiasaan olahraga, riwayat penyakit, dan beban kerja. Saran untuk porter adalah melakukan pemanasan dan peregangan serta menjaga postur kerja yang baik.

Kata Kunci : Beban Kerja, Masa Kerja, Porter, Postur Kerja, *Shoulder Pain*

THE CORRELATION OF WORK POSTURE, WORK PERIOD, AND WORKLOAD AS WELL AS INDIVIDUAL CHARACTERISTICS WITH COMPLAINTS OF SHOULDER PAIN ON PORTER IN PASAR SENEN STATION

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Abstract

Porters are at risk of experiencing shoulder pain complaints when performing their job, which involves carrying passengers luggage. Shoulder pain complaints can increase due to non-ergonomic working postures, the length of time someone has worked, heavy workloads, and individual factors. The purpose of this study is to determine the relationship between working posture, length of employment, workload, and individual characteristics with shoulder pain complaints among porters at Pasar Senen Station. The study design is cross-sectional. The research was conducted from May to June 2024 with a sample of 134 respondents selected through purposive sampling. The instruments used in this study are the Shoulder Pain and Disability Index (SPADI) questionnaire, Rapid Upper Limb Assessment (RULA) sheet, personal identity questionnaire, and pulse oximeter. This study uses chi-square test analysis. The analysis results show a relationship between shoulder pain complaints and age ($p=0,000$), working posture ($p=0,003$), and length of employment ($p=0,000$). Meanwhile, there is no relationship between shoulder pain complaints and nutritional status, exercise habits, disease history, and workload. Recommendations for porters include performing warm-up and stretching exercises as well as maintaining good working posture.

Keywords: Length of Work, Porter, Shoulder Pain, Workload, Work Posture