

# GAMBARAN GANGGUAN MUSKULOSKELETAL PADA PEKERJA KONVEKSI PT THEWA GLOBAL INTERNATIONAL DAN UMKM KONVEKSI AUDI

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## ABSTRAK

**Latar Belakang:** Perubahan gaya hidup dan perkembangan teknologi telah meningkatkan risiko gangguan muskuloskeletal (MSDs) pada pekerja, terutama di sektor konveksi. **Tujuan Penelitian:** Untuk menggambarkan MSDs pada pekerja di PT Thewa Global International dan UMKM Konveksi Audi. **Metode:** deskriptif kuantitatif dengan pendekatan cross-sectional. Sebanyak 47 pekerja dijadikan sampel, dengan data dikumpulkan melalui kuesioner dan *Nordic Body Map*, serta analisis faktor risiko terhadap usia, jenis kelamin, masa kerja, kebiasaan merokok, kebugaran jasmani, indeks masa tubuh, durasi kerja, dan paparan getaran. **Hasil:** mayoritas laki-laki (65,96%) dengan usia  $\geq 25$  tahun (76,60%). Sebagian besar pekerja tidak merokok (57,45%) dan memiliki aktivitas fisik cukup (82,98%) dengan indeks massa tubuh normal (65,96%). Mayoritas bekerja di PT. Thewa Global Internasional (63,83%) sebagai penjahit (36,71%). Masa kerja umumnya di bawah 5 tahun (61,70%) dengan durasi kerja 8–10 jam per hari (63,83%). Paparan getaran dilaporkan hampir seimbang, dengan 51,06% pekerja terpapar getaran. **Kesimpulan:** mayoritas pekerja konveksi di PT Thewa Global International dan UMKM Konveksi Audi berada dalam kategori risiko ringan terhadap gangguan muskuloskeletal. Faktor risiko yang paling berkontribusi terhadap MSDs dalam penelitian ini yaitu terkait usia, kebugaran jasmani aktivitas harian, durasi kerja dan juga paparan getaran .

**Kata kunci:** *Musculoskeletal Disorders*, pekerja konveksi, *Nordic Body Map*, faktor risiko, kesehatan kerja

# **OVERVIEW OF MUSCULOSKELETAL DISORDERS AMONG WORKERS AT PT THEWA GLOBAL INTERNATIONAL AND AUDI CONVECTION SMEs**

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## **ABSTRACT**

**Background:** Lifestyle changes and technological advancements have increased the risk of musculoskeletal disorders (MSDs) among workers, particularly in the garment industry. **Objective:** To describe MSDs among workers at PT Thewa Global International and Audi Garment MSME. **Research Methodology:** This study used a descriptive quantitative approach with a cross-sectional design. A total of 47 workers were sampled, with data collected using questionnaires and the Nordic Body Map. Risk factor analysis included age, gender, work tenure, smoking habits, physical fitness, body mass index (BMI), working hours, and vibration exposure. **Results:** The majority of respondents were male (65.96%) and aged  $\geq 25$  years (76.60%). Most workers were non-smokers (57.45%), had moderate physical activity levels (82.98%), and normal BMI (65.96%). Most participants worked at PT Thewa Global International (63.83%) as tailors (36.71%). Work tenure was generally less than 5 years (61.70%), with working hours ranging from 8–10 hours per day (63.83%). Vibration exposure was almost evenly distributed, with 51.06% of workers exposed to vibrations. **Conclusion:** The majority of garment workers at PT Thewa Global International and Audi Garment MSME were categorized as having low risk for musculoskeletal disorders. Key risk factors contributing to MSDs identified in this study included age, physical fitness, daily activities, working hours, and vibration exposure.

**Keywords:** Musculoskeletal Disorders, garment workers, Nordic Body Map, risk factors, occupational health