

GAMBARAN GANGGUAN MUSKULOSKELETAL PADA PENGEMUDI OJEK ONLINE

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Abstrak

Latar Belakang: Transportasi umum sangat berperan penting dalam kemajuan suatu negara, karena mempermudah aktivitas sehari-hari manusia dengan cara yang lebih cepat dan efisien. Pengemudi ojek online hadir untuk mempermudah masyarakat dalam menjalani aktivitas sehari-hari dengan memanfaatkan teknologi yang terus berkembang. Semakin berkembangnya teknologi transportasi yang tadinya hanya pengemudi biasa sekarang ada yang berbasis online. Keluhan yang paling banyak dijumpai pada tempat kerja adalah masalah ergonomi yaitu Muskuloskeletal *Disorders* (MSDS). Sehingga memiliki risiko mengalami gangguan muskuloskeletal, hal ini disebabkan karena beberapa faktor diantaranya yaitu usia, jenis kelamin, beban kerja, masa kerja, durasi kerja, dan kebiasaan merokok. Berdasarkan hasil Riset Kesehatan Dasar di Indonesia, prevalensi Muskuloskeletal *Disorders* (MSDs) yang telah didiagnosis oleh tenaga kesehatan mencapai 11,9%, sementara prevalensi berdasarkan diagnosis gejala mencapai 24,7%. **Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran gangguan muskuloskeletal pada pengemudi ojek online. **Metode:** Penelitian ini merupakan studi deskriptif kuantitatif pendekatan *cross-sectional* yang dilakukan pada 67 orang pengemudi ojek online di komunitas ojek online jalan rawa bola jakarta timur pada bulan november 2024. **Hasil:** Berdasarkan hasil 67 orang yang mengalami keluhan muskuloskeletal *disorders* pada durasi tertinggi >10 jam/hari sebanyak 27 orang (40.3%), keluhan muskuloskeletal *disorders* pada kategori rendah, pada durasi <8 jam/hari sebanyak 24 orang (35.8%). **Kesimpulan:** Mayoritas pengemudi ojek online berada dalam kategori risiko ringan terhadap gangguan Muskuloskeletal *Disorders* (MSDS) Faktor risiko yang paling berkontribusi terhadap MSDs dalam penelitian ini yaitu terkait usia, jenis kelamin indeks massa tubuh, kebiasaan merokok.

Kata Kunci: *Musculoskeletal Disorders*, Durasi Berkendara, Driver Ojek Online.

OVERVIEW OF MUSCULOSKELETAL DISORDERS IN ONLINE MOTORCYCLE TAXI DRIVERS

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Abstract

Background: Public transportation plays a very important role in the progress of a country, because it makes it easier for people to do their daily activities in a faster and more efficient way. Online motorcycle taxi drivers are here to make it easier for people to carry out their daily activities by utilizing technology that continues to develop. The increasing development of transportation technology, which used to be just ordinary drivers, is now online-based. The most common complaint found in the workplace is an ergonomic problem, namely musculoskeletal disorders (MSDs). So that there is a risk of experiencing *musculoskeletal disorders*, this is due to several factors including age, gender, workload, length of service, duration of work, and smoking habits. Based on the results of the Basic Health Research in Indonesia, the prevalence of *Musculoskeletal Disorders* (MSDs) that have been diagnosed by health workers reached 11.9%, while the prevalence based on symptom diagnosis reached 24.7%. **Purpose:** This study aims to determine the description of *musculoskeletal disorders* in online motorcycle taxi drivers. **Method:** This study is a quantitative descriptive study with a cross-sectional approach conducted on 67 online motorcycle taxi drivers in the online motorcycle taxi community on Jalan Rawa Bola, East Jakarta in November 2024. **Results:** Based on the results of 67 people who experienced *musculoskeletal disorders* with the highest duration of >10 hours/day, there were 27 people (40.3%), musculoskeletal disorders in the low category, with a duration of <8 hours/day, there were 24 people (35.8%). **Conclusion:** The majority of online motorcycle taxi drivers are in the low risk category for *Musculoskeletal Disorders* (MSDs). The risk factors that most contribute to MSDs in this study are related to age, gender, body mass index, smoking habits.

Keywords: *Musculoskeletal Disorders*, Driving Duration, Online Motorcycle Taxi Drivers