

HUBUNGAN KARAKTERISTIK INDIVIDU DAN POSTUR KERJA DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PENJAHIT KONVEKSI DI JAKARTA BARAT TAHUN 2019

Dhevia Darma Tesya

Abstrak

Keluhan *Musculoskeletal Disorders* (MSDs) adalah keluhan pada bagian otot rangka yang dirasakan oleh seseorang mulai dari keluhan sangat ringan sampai sangat sakit. Prevalensi keluhan muskuloskeletal di Indonesia tahun 2013 yaitu 24,7%. Salah satu industri yang berpotensi untuk timbul keluhan MSDs pada pekerja ialah di bidang garmen terutama pada penjahit. Penelitian ini bertujuan untuk mengetahui hubungan karakteristik individu dan postur kerja dengan keluhan *Musculoskeletal Disorders* (MSDs) pada penjahit konveksi di Jakarta Barat tahun 2019. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dengan jumlah sampel sebanyak 75 penjahit. Keluhan MSDs diukur menggunakan *Nordic Map Body* (NBM) dan postur kerja diukur menggunakan metode REBA. Data dianalisis menggunakan uji Chi-Square. Hasil penelitian diketahui variabel usia p value 0,005 (OR = 4,750; CI95% = 1,376 – 10,372), kebiasaan merokok p value 1,000 (OR = 0,911; CI95% = 0,323 – 2,565), kebiasaan olahraga p value 0,431 (OR = 1,781; CI95% = 0,602 – 5,268), masa kerja p value 0,000 (OR = 13,500; CI95% = 4,254 – 42,846), IMT p value 1,000 (OR = 0,913; CI95% = 0,328 – 2,543) dan postur kerja p value 0,036 (OR = 3,692; CI95% = 1,197 – 11,386). Sebaiknya pemilik konveksi menyediakan tempat duduk ergonomis dan penjahit melakukan istirahat atau relaksasi ketika sudah merasa ketegangan otot atau kelelahan pada otot.

Kata Kunci: Karakteristik Individu, Musculoskeletal Disorders (MSDs), Penjahit, Postur Kerja

CORRELATION OF INDIVIDUAL CHARACTERISTICS AND WORKING POSTURES WITH COMPLAINTS OF MUSCULOSKELETAL DISORDERS (MSDs) ON CONVECTION TAILORS AT WEST JAKARTA IN 2019

Dhevia Darma Tesya

Abstract

Musculoskeletal Disorders (MSDs) complaints are complaints on parts of the body received by someone ranging from complaints that are very mild to very painful. The prevalence of musculoskeletal complaints in Indonesia in 2013 was 24.7%. One of the industry that have potential to arise complaints of MSDs in workers was the garment sector, especially for tailors. This study was intended to find out the correlation between individual characteristics and working posture with complaints of Musculoskeletal Disorders (MSDs) on convection tailors at West Jakarta in 2019. This study was a quantitative study with a cross sectional design. The sampling technique used purposive sampling technique with a total sample of 75 tailors. Complaints of MSDs were measured using the Nordic Map Body (NBM) and working postures were measured using the REBA method. Data were analyzed using the Chi-Square test. The results of the study revealed that the age variable p value 0,005 (OR = 4,750; CI95% = 1,376 – 10,372), smoking habits p value 1,000 (OR = 0,911; CI95% = 0,323 – 2,565), exercise habits p value 0,431 (OR = 1,781; CI95% = 0,602 – 5,268), years of work p value 0,000 (OR = 13,500; CI95% = 4,254 – 42,846), BMI p value 1,000 (OR = 0,913; CI95% = 0,328 – 2,543) and working posture p value 0,036 (OR = 3,692; CI95% = 1,197 – 11,386). It was better for the convection owner to provide ergonomic seating and tailors to rest or relax when they feel muscle tension or fatigue in the muscles.

Keywords: Individual Characteristics, Musculoskeletal Disorders (MSDs), Tailors, Working Posture