

**FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

Tugas Akhir, November 2025

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**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN GANGGUAN
MUSKULOSKELETAL PADA TENAGA KEPENDIDIKAN DI FAKULTAS
KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL
“VETERAN” JAKARTA TAHUN 2025**

RINCIAN HALAMAN (xv + 101 halaman, 16 tabel, 3 bagan, 2 gambar, 6 lampiran)

ABSTRAK

Tujuan

Tantangan utama dalam aspek kesehatan dan keselamatan kerja bagi pekerja adalah gangguan muskuloskeletal, kondisi ini dapat memengaruhi kesejahteraan fisik dan kualitas pekerja. Faktor individu maupun pekerjaan dapat memengaruhi terjadinya gangguan muskuloskeletal. Menurut *Global Burden of Disease (GBD)*, gangguan muskuloskeletal merupakan kondisi yang dialami oleh 494 juta individu secara global dan diperkirakan dapat meningkat hingga 115%, sehingga diperlukan langkah konkret untuk mengurangi angka kejadian tersebut.

Metode

Penelitian ini menggunakan pendekatan desain *cross-sectional* dengan melibatkan 45 responden. Pengambilan sampel dilakukan melalui teknik *total sampling*, data yang diperoleh selanjutnya dianalisis menggunakan uji *Chi-square*.

Hasil

Mayoritas responden berusia dewasa berisiko gangguan muskuloskeletal, sementara responden berusia pra lansia tidak berisiko gangguan muskuloskeletal ($p\text{-value} = 0,007$). Mayoritas kelompok responden laki-laki serta perempuan berisiko mengalami gangguan muskuloskeletal ($p\text{-value} = 0,431$). Responden dengan IMT berlebih dan normal sebagian besar berisiko mengalami gangguan muskuloskeletal ($p\text{-value} = 0,699$). Sebagian besar responden yang merokok maupun tidak merokok berisiko mengalami gangguan muskuloskeletal ($p\text{-value} = 1,000$). Sebagian besar responden di seluruh tingkatan beban kerja berisiko gangguan muskuloskeletal ($p\text{-value} = 0,699$). Sebagian besar responden di seluruh tingkatan kelelahan kerja mengalami gangguan muskuloskeletal ($p\text{-value} = 0,582$).

Kesimpulan

Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan antara faktor

usia dengan gangguan muskuloskeletal, namun tidak ditemukan adanya hubungan antara faktor jenis kelamin, IMT, perilaku merokok, beban kerja, dan kelelahan kerja dengan gangguan muskuloskeletal pada responden.

Daftar Pustaka : 57 (2015-2025)

Kata Kunci : Gangguan Muskuloskeletal, Faktor Risiko, Beban Kerja, Tenaga Kependidikan

**FACULTY OF MEDICINE
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA**

Undergraduate Thesis, November 2025

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***FACTORS RELATED TO MUSCULOSKELETAL DISORDERS IN
EDUCATIONAL STAFF AT THE FACULTY OF MEDICINE, NATIONAL
DEVELOPMENT UNIVERSITY “VETERAN” JAKARTA IN 2025***

PAGE DETAIL (xv + 101 pages, 16 tables, 3 charts, 2 pictures, 6 appendices)

ABSTRACT

Objective

Musculoskeletal disorders pose a significant barrier to occupational health and safety for employees, which can impact physical well-being and work quality. These problems may be affected by both personal and occupational variables. The Global Burden of Disease (GBD) reports that there are 494 million cases of musculoskeletal disorders globally, with projections indicating a potential increase by up to 115%, underscoring the urgent necessity for effective interventions to mitigate their prevalence.

Method

This research used a cross-sectional design including a sample of 45 participants. Participants were chosen by a total sampling method. The Chi-square test was used to analyze the data.

Results

The result indicates that the majority of adult participants were at risk for musculoskeletal disorders, whereas pre-elderly respondents were generally not at risk (p -value = 0,007). Most respondents, regardless of gender, were found to be at risk for MSDs (p -value = 0,431). Similarly, a significant portion of respondents across both excess and normal BMI categories were at risk (p -value = 0,699). Most of both smokers and non-smokers were also found to be at risk (p -value = 1,000). Furthermore, most respondents with a moderate workload were at risk for MSDs (p -value = 0,699), and the majority of those experiencing moderate work fatigue also had musculoskeletal disorders (p -value = 0,582).

Conclusion

The findings demonstrate a significant correlation between age and musculoskeletal disorders. However, no significant correlation was found between musculoskeletal disorders and gender, BMI, smoking behavior, workload, and work fatigue among the respondents.

Reference : 57 (2015-2025)

Keywords : *Musculoskeletal Disorders Risk Factors, Workload, Educational Staff*