

# **PENERAPAN *WORKPLACE STRETCHING EXERCISE* TERHADAP KELUHAN GANGGUAN MUSKULOSKELETAL PADA PERAWAT DI RUANG NICU RSPAD GATOT SOEBROTO**

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## **ABSTRAK**

Gangguan *musculoskeletal* merupakan salah satu masalah kesehatan kerja yang sering dialami oleh perawat akibat postur kerja yang tidak ergonomis, beban kerja yang berat, serta durasi kerja yang panjang. Penelitian ini bertujuan untuk menerapkan *Workplace Stretching Exercise* sebagai upaya menurunkan keluhan *musculoskeletal* pada perawat. Pelaksanaan penelitian diawali dengan penyebaran kuesioner *Nordic Body Map* (NBM) kepada enam perawat, dan diperoleh hasil bahwa empat perawat (66,7%) mengalami keluhan *musculoskeletal* tinggi serta dua perawat (33,3%) mengalami keluhan sedang. Intervensi *Workplace Stretching Exercise* diberikan kepada empat perawat dengan tingkat keluhan tinggi selama tiga hari berturut-turut, masing-masing berdurasi 30 menit setiap sesi. Hasil penelitian menunjukkan adanya penurunan rata-rata skor *pre-test* dari 74,83 menjadi 49,33 setelah dilakukan intervensi. Berdasarkan hasil uji *paired t-test*, diperoleh nilai  $p = 0,000$  ( $p < 0,05$ ), yang menunjukkan bahwa *Workplace Stretching Exercise* memiliki perbedaan yang signifikan terhadap penurunan keluhan gangguan *musculoskeletal* pada perawat. Penulis berharap agar latihan peregangan di tempat kerja ini dapat diterapkan secara rutin sebagai langkah preventif untuk menurunkan risiko gangguan *musculoskeletal* serta meningkatkan kenyamanan dan produktivitas kerja pada perawat.

**Kata Kunci:** MSDs, Perawat, WSE

# THE IMPLEMENTATION OF WORKPLACE STRETCHING EXERCISES ON MUSCULOSKELETAL DISORDER COMPLAINTS IN NURSES IN THE NICU OF GATOT SOEBROTO ARMY HOSPITAL

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## ABSTRACT

*Musculoskeletal disorders are one of the occupational health problems often experienced by nurses due to non-ergonomic work postures, heavy workloads, and long work durations. This study aims to implement Workplace Stretching Exercise as an effort to reduce musculoskeletal complaints in nurses. The study began with the distribution of the Nordic Body Map (NBM) questionnaire to six nurses, and the results showed that four nurses (66.7%) experienced high levels of musculoskeletal complaints and two nurses (33.3%) experienced moderate complaints. The Workplace Stretching Exercise intervention was given to four nurses with high levels of complaints for three consecutive days, each session lasting 30 minutes. The results showed a decrease in the average pre-test score from 74.83 to 49.33 after the intervention. Based on the results of the paired t-test, a p value of 0.000 ( $p < 0.05$ ) was obtained, indicating that Workplace Stretching Exercise had a significant difference in reducing musculoskeletal complaints in nurses. The author hopes that this stretching exercise in the workplace can be implemented routinely as a preventive measure to reduce the risk of musculoskeletal disorders and increase comfort and work productivity in nurses.*

**Keywords :** MSDs, Nurse, WSE