

DETERMINAN KELUHAN *MUSCULOSKELETAL DISORDERS* PADA PETUGAS *HOUSEKEEPING* DI RSUD PASAR REBO JAKARTA TIMUR TAHUN 2026

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Abstrak

Latar Belakang: Keluhan *musculoskeletal disorders* merupakan salah satu masalah kesehatan kerja yang paling sering ditemukan pada pekerja, dengan dampak berupa menurunnya kapasitas kerja, produktivitas, dan kualitas hidup. Petugas *housekeeping* tergolong rentan mengalami keluhan ini akibat berbagai faktor risiko di lingkungan kerja. Tujuan: Penelitian ini mengidentifikasi faktor-faktor yang berhubungan dengan keluhan *musculoskeletal disorders* pada petugas *housekeeping* di RSUD Pasar Rebo tahun 2026. Metode: Desain *cross-sectional* digunakan dengan 66 petugas *housekeeping* sebagai sampel. Rumus Lemeshow menjadi dasar penentuan besar sampel, sementara subjek penelitian dipilih melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner Nordic Body Map (NBM), metode Rapid Entire Body Assessment (REBA) untuk menilai postur kerja, dan kuesioner The Workplace Stress Scale untuk mengukur stres kerja. Tiga tahap analisis data dilakukan, yaitu analisis univariat, uji chi-square pada analisis bivariat, dan regresi logistik ganda pada analisis multivariat. Hasil: Keluhan *musculoskeletal disorders* dialami oleh 71,2% responden. Hubungan bermakna dengan keluhan tersebut ditunjukkan oleh variabel masa kerja ($p = 0,009$) dan postur kerja ($p = 0,002$), dengan postur kerja terbukti sebagai faktor paling dominan (AOR = 46,918; 95% CI: 3,894–565,245) berdasarkan analisis multivariat. Kesimpulan: Perbaikan postur kerja dan pengendalian faktor pekerjaan lainnya sebaiknya menjadi prioritas utama dalam mencegah keluhan *musculoskeletal disorders* pada petugas *housekeeping*.

Kata Kunci: Keluhan *musculoskeletal disorders*, petugas *housekeeping*, postur kerja, masa kerja, faktor risiko

DETERMINANTS OF MUSCULOSKELETAL SYMPTOMS AMONG HOUSEKEEPING WORKERS AT PASAR REBO REGIONAL GENERAL HOSPITAL EAST JAKARTA IN 2026

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Abstract

Background: Musculoskeletal symptoms are among the most common occupational health problems, with the potential to lower work capacity, productivity, and quality of life. Housekeeping staff are particularly prone to these symptoms due to exposure to numerous risk factors in their work environment. Objective: This study examined factors associated with musculoskeletal symptoms among housekeeping staff at Pasar Rebo Regional Public Hospital in 2026. Methods: A cross-sectional design was applied with 66 housekeeping staff as the sample, calculated using the Lemeshow formula and selected through purposive sampling. Data were collected using the Nordic Body Map (NBM) questionnaire, the Rapid Entire Body Assessment (REBA) method for work posture evaluation, and the Workplace Stress Scale for assessing work-related stress. Analysis was conducted in three stages: univariate, bivariate (chi-square test), and multivariate (multiple logistic regression). Results: Musculoskeletal symptoms were reported by 71.2% of participants. Length of service ($p = 0.009$) and work posture ($p = 0.002$) were significantly associated with these symptoms, with work posture as the most dominant factor ($AOR = 46.918$; 95% CI: 3.894–565.245). Conclusion: Correcting work posture and controlling occupational risk factors are essential to prevent musculoskeletal symptoms among housekeeping staff.

Keywords: *Musculoskeletal symptoms, housekeeping workers, working posture, working tenure, risk factors*