HUBUNGAN DURASI DUDUK DAN POSTUR KERJA TERHADAP KELUHAN *MUSCULOSKELETAL DISORDERS* PADA PEKERJA KANTORAN PT. X TAHUN 2026

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Abstrak

Pekerja kantoran di PT. X didominasi oleh aktivitas penggunaan komputer dengan durasi duduk yang panjang sehingga berpotensi mengalami keluhan *Musculoskeletal Disorders* (MSDs). Studi pendahuluan menunjukkan bahwa 5 dari 11 pekerja mengeluhkan nyeri terutama pada leher dan punggung bawah setelah bekerja. Penelitian ini bertujuan untuk mengetahui hubungan *sedentary lifestyle* dan postur kerja dengan keluhan MSDs pada pekerja kantoran PT. X Tahun 2026. Penelitian ini merupakan penelitian kuantitatif dengan desain studi *cross-sectional*. Sampel penelitian ini berjumlah 106 responden yang dipilih menggunakan teknik *purposive sampling*. Keluhan MSDs diukur menggunakan *Nordic Body Map* (NBM), *sedentary lifestyle* menggunakan item *sitting time* pada *International Physical Activity Questionnaire* (IPAQ), dan postur kerja menggunakan *Rapid Office Strain Assessment* (ROSA). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Fisher's Exact. Hasil penelitian menunjukkan bahwa 94,3% responden mengalami keluhan MSDs, 78,3% memiliki *sedentary lifestyle* tinggi, dan 47,2% memiliki postur kerja berisiko tinggi. Hasil analisis bivariat menunjukkan terdapat hubungan antara *sedentary lifestyle* (p=0,019) dan postur kerja (p=0,028) dengan keluhan MSDs. Sementara itu, usia (p=1,000), jenis kelamin (p=0,210), masa kerja (p=0,394), durasi tidur (p=0,060), dan kebiasaan merokok (p=1,000) tidak berhubungan dengan keluhan MSDs (p>0,05). Hasil analisis bivariat menunjukkan bahwa sedentary lifestyle dan postur kerja merupakan faktor yang berhubungan dengan keluhan MSDs pada pekerja kantoran PT X. Oleh karena itu, perusahaan perlu menerapkan program active break, peregangan berkala, serta evaluasi ergonomi workstation untuk mengurangi risiko keluhan MSDs.

Kata Kunci: *Muscusloeketal Disorders*, Postur Kerja, Pekerja Kantoran, *Sedentary Lifestyle*

ASSOCIATION OF SITTING DURATION AND WORKING POSTURE WITH MUSCULOSKELETAL DISORDERS AMONG OFFICE WORKERS AT PT X IN 2026

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Abstract

Office workers at PT. X spend most of their working hours using computers and sitting for prolonged periods, making them vulnerable to developing Musculoskeletal Disorders (MSDs). A preliminary study found that 5 out of 11 workers reported pain, mainly in the neck and lower back, after work. This study aimed to determine the relationship between sedentary lifestyle and work posture with MSD complaints among office workers at PT X in 2026. This study is using quantitative approach with a cross-sectional design involving 106 respondents selected using purposive sampling. MSD complaints were assessed using the Nordic Body Map (NBM), sedentary lifestyle was measured using the sitting-time item of the International Physical Activity Questionnaire (IPAQ), and work posture was assessed using the Rapid Office Strain Assessment (ROSA). Data were analyzed using univariate analysis and bivariate analysis with Fisher's Exact test. The results showed that 94.3% of respondents experienced MSD complaints, 78.3% had a high sedentary lifestyle, and 47.2% had a high-risk work posture. Sedentary lifestyle ($p = 0.019$) and work posture ($p = 0.028$) were significantly associated with MSD complaints. In contrast, age ($p = 1.000$), sex ($p = 0.210$), length of employment ($p = 0.394$), sleep duration ($p = 0.060$), and smoking habits ($p = 1.000$) were not significantly associated with MSD complaints ($p > 0.05$). These findings indicate that sedentary lifestyle and work posture are factors associated with MSD complaints among office workers at PT X. Therefore, the company is encouraged to implement active break programs, regular stretching, and ergonomic workstation evaluations to help reduce the risk of MSD complaints.

Keyword: *Musculoskeletal Disorders, Office Workers, Sedentary Lifestyle, Work Posture*