

HUBUNGAN POSTUR DAN STRES KERJA TERHADAP KELUHAN MSDs PADA OPERATOR QCC DI PELABUHAN PETIKEMAS X KOTA JAKARTA UTARA TAHUN 2026

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Abstrak

Pekerjaan sebagai operator *Quay Container Crane* (QCC) mengandung risiko dari sisi postur maupun tekanan kerja yang dapat memicu timbulnya gangguan otot rangka atau *musculoskeletal disorders* (MSDs), sehingga berpengaruh buruk terhadap kondisi kesehatan, produktivitas, serta efektivitas dan keselamatan dalam bekerja. Tujuan dari studi ini adalah mengkaji keterkaitan antara postur kerja, stres kerja, usia, masa kerja, dan IMT dengan keluhan MSDs pada operator QCC di Pelabuhan Petikemas X. Pendekatan yang digunakan adalah kuantitatif dengan rancangan *cross-sectional*. Seluruh operator QCC menjadi populasi sekaligus sampel dalam studi ini, yakni sebanyak 32 orang melalui teknik *total sampling*. Data dikumpulkan memakai instrumen Nordic Body Map (NBM) sebagai alat ukur keluhan MSDs, *Rapid Upper Limb Assessment* (RULA) untuk menilai postur kerja, serta kuesioner *The Work Stress Scale* (WSS) guna mengukur tingkat stres kerja. Data dianalisis secara univariat dan bivariat melalui uji *Fisher's Exact Test*. Berdasarkan hasil analisis bivariat, diketahui terdapat hubungan yang bermakna antara postur kerja ($p = 0,006$) maupun stres kerja ($p = 0,018$) dengan keluhan MSDs. Temuan ini mengindikasikan pentingnya upaya pengendalian risiko ergonomi serta manajemen stres kerja sebagai langkah pencegahan keluhan MSDs pada operator QCC.

Kata Kunci: *Musculoskeletal Disorders* (MSDs), Postur Kerja, Stres Kerja, Operator Quay Container Crane (QCC)

THE RELATIONSHIP BETWEEN WORK POSTURE AND WORK STRESS ON MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINTS AMONG QUAY CONTAINER CRANE (QCC) OPERATORS AT X CONTAINER TERMINAL, NORTH JAKARTA, 2026

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Abstract

Quay Container Crane (QCC) operators are exposed to awkward working postures and work-related stress because of their job characteristics, which can lead to musculoskeletal disorders (MSDs) and adversely affect workers' health, productivity, work effectiveness, and safety. This study examined the relationship between work posture, work stress, age, work tenure, and body mass index (BMI) and MSD complaints among QCC operators at X Container Terminal, North Jakarta. A quantitative cross-sectional design was employed. The study included all QCC operators, with 32 participants selected through total sampling. Data collection was conducted using the Nordic Body Map (NBM) questionnaire for assessing MSD complaints, the Rapid Upper Limb Assessment (RULA) method for evaluating work posture risk, and The Work Stress Scale (WSS) questionnaire for assessing work stress. The data were analyzed through univariate and bivariate analyses using Fisher's Exact Test. The bivariate analysis revealed significant relationships between work posture ($p = 0.006$) and work stress ($p = 0.018$) and MSD complaints. These findings emphasize the importance of implementing ergonomic risk control measures and effective work stress management to prevent MSD complaints among QCC operators.

Keywords: *Musculoskeletal Disorders (MSDs), Work Posture, Work Stress, Quay Container Crane (QCC) Operators*