

GAMBARAN *WORK-RELATED MUSCULOSKELETAL DISORDERS* (WMSDs) PADA PEGAWAI ADMINISTRASI UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

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Abstrak

Work-related musculoskeletal disorders (WMSDs) merupakan gangguan pada otot, tendon, ligamen, dan sendi yang berkaitan dengan paparan faktor risiko ergonomi di tempat kerja, seperti postur statis, durasi kerja yang panjang, dan penggunaan komputer secara terus-menerus. Pegawai administrasi merupakan kelompok pekerja yang rentan mengalami WMSDs akibat aktivitas duduk dalam waktu lama tanpa disertai perilaku ergonomis yang memadai. Penelitian ini bertujuan untuk menggambarkan WMSDs pada pegawai administrasi Universitas Pembangunan Nasional “Veteran” Jakarta (UPNVJ), meliputi karakteristik responden, prevalensi, dan distribusi lokasi keluhan. Penelitian ini menggunakan desain cross-sectional dengan teknik *purposive sampling*. Populasi penelitian berjumlah 80 pegawai administrasi, dengan 77 orang bersedia berpartisipasi sebagai responden. Data dikumpulkan menggunakan kuesioner Nordic Body Map (NBM) secara tatap muka pada Juni 2026 di UPNVJ. Hasil penelitian menunjukkan bahwa responden didominasi oleh laki-laki (64,9%) dengan kelompok usia dominan 36–55 tahun dan mayoritas memiliki masa kerja ≥ 3 tahun (92,2%). Berdasarkan skor total NBM, sebanyak 69 responden (89,6%) mengalami keluhan muskuloskeletal, dengan rincian kategori sedang sebesar 88,3% dan kategori tinggi sebesar 1,3%, sementara hanya 10,4% responden yang tergolong kategori rendah. Bagian tubuh yang paling banyak dikeluhkan adalah leher bagian atas (49,4%), diikuti oleh bahu kiri dan pinggang (masing-masing 42,9%), serta betis kanan (42,9%). Temuan ini menunjukkan tingginya beban muskuloskeletal pada pegawai administrasi UPNVJ, khususnya pada postur duduk statis dan penggunaan komputer. Hasil ini dapat menjadi dasar pengembangan program intervensi ergonomi dan edukasi postur kerja untuk mengurangi risiko WMSDs.

Kata Kunci: *Work-related musculoskeletal disorders*, Nordic Body Map, pegawai administrasi, ergonomi kerja, prevalensi

OVERVIEW OF WORK-RELATED MUSCULOSKELETAL DISORDERS (WMSDs) AMONG ADMINISTRATIVE STAFF AT UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

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Abstract

Work-related musculoskeletal disorders (WMSDs) are disorders of the muscles, tendons, ligaments, and joints associated with exposure to ergonomic risk factors in the workplace, such as static posture, prolonged working duration, and continuous computer use. Administrative staff are a group of workers vulnerable to WMSDs due to prolonged sitting activity without adequate ergonomic behavior. This study aimed to describe WMSDs among administrative staff at Universitas Pembangunan Nasional “Veteran” Jakarta (UPNVJ), including respondent characteristics, complaint prevalence, and the distribution of complaint locations. This study used a cross-sectional design with a purposive sampling technique. The study population consisted of 80 administrative staff, of whom 77 agreed to participate as respondents. Data were collected using the Nordic Body Map (NBM) questionnaire face-to-face in June 2026 at UPNVJ. The results showed that respondents were predominantly male (64.9%), with a dominant age group of 36–55 years, and the majority had worked for ≥ 3 years (92.2%). Based on the total NBM score, 69 respondents (89.6%) experienced musculoskeletal complaints, with 88.3% classified as moderate category and 1.3% as high category, while only 10.4% were classified as low category. The most frequently reported body parts were the upper neck (49.4%), followed by the left shoulder and lower back (42.9% each), and the right calf (42.9%). These findings indicate a high musculoskeletal burden among UPNVJ administrative staff, particularly related to static sitting posture and computer use. These results can serve as a basis for developing ergonomic intervention programs and work posture education to reduce the risk of WMSDs.

Keywords: Work-related musculoskeletal disorders, Nordic Body Map, administrative staff, work ergonomics, prevalence