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## **HUBUNGAN ANTARA KARAKTERISTIK INDIVIDU DAN POSTUR KERJA DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* PADA PEMULUNG DI TPA BLONDO**

### **ABSTRAK**

**Latar Belakang:** TPA Blondo berfungsi sebagai tempat pemrosesan akhir sampah dan juga sumber mata pencaharian pemulung. Pemulung adalah pekerja yang berisiko mengalami keluhan MSDs karena pekerjaan fisik yang berat, berulang dan postur kerja yang buruk cenderung membungkuk. Berdasarkan data dari Puskesmas Bawen, 45% dari 73 pemulung mengalami gangguan nyeri otot, sendi. Tujuan penelitian ini adalah mengetahui hubungan antara karakteristik individu dan postur kerja dengan keluhan *musculoskeletal disorders*.

**Metode:** Penelitian ini adalah penelitian kuantitatif dengan desain analitik observasional pendekatan *cross sectional*. Populasi dalam penelitian ini pemulung TPA Blondo. Sampel penelitian sebanyak 65 pemulung menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan timbangan digital, microtoice, kuesioner *Nordic Body Map* dan lembar REBA. Analisis data penelitian menggunakan uji *mann-whitney* dan *rank spearman*.

**Hasil:** Hasil analisis menunjukkan ada hubungan antara jenis kelamin dengan MSDs ( $p=0,003$ ), ada hubungan antara umur dengan MSDs ( $p=0,001$ ;  $\rho=0,396$ ), ada hubungan antara masa kerja dengan MSDs ( $p=0,024$ ;  $\rho=0,279$ ), tidak ada hubungan antara status gizi dengan MSDs ( $p=0,988$ ;  $\rho=0,002$ ), ada hubungan antara postur kerja dengan MSDs ( $p=0,000$ ;  $\rho=0,593$ ).

**Simpulan:** ada hubungan antara umur, jenis kelamin, masa kerja dan postur kerja dengan keluhan *musculoskeletal disorders* dan tidak ada hubungan antara status gizi dengan keluhan *musculoskeletal disorders*.

**Kata Kunci:** *Musculoskeletal disorders*, Karakteristik individu, postur kerja

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## **THE RELATIONSHIP BETWEEN INDIVIDUAL CHARACTERISTICS AND WORK POSTURE WITH COMPLAINTS OF MUSCULOSKELETAL DISORDERS IN SCAVENGERS AT BLONDO LANDFILL**

### **ABSTRACT**

**Background:** Blondo landfill serves as a final processing site for waste and also a source of livelihood for scavengers. Scavengers are workers who are at risk of MSDs complaints due to heavy, repetitive physical work and poor work postures that tend to bend. Based on data from the Bawen Health Center, 45% of 73 waste pickers experience muscle and joint pain. The purpose of this study was to determine the relationship between individual characteristics and work posture with complaints of musculoskeletal disorders.

**Methods:** This study was a quantitative study with an observational analytic design with a cross sectional approach. The population in this study were Blondo landfill waste pickers. The research sample was 65 waste pickers using purposive sampling technique. Data collection used digital scales, microtoice, Nordic Body Map questionnaire and REBA sheet. Data analysis used mann-whitney and rank spearman tests.

**Results:** The results of the analysis showed that there was a relationship between gender and MSDs ( $p=0.003$ ), there was a relationship between age and MSDs ( $p=0.001$ ;  $\rho=0.396$ ), there was a relationship between working period and MSDs ( $p=0.024$ ;  $\rho=0.279$ ), there was no relationship between nutritional status and MSDs ( $p=0.988$ ;  $\rho=0.002$ ), there was a relationship between work posture and MSDs ( $p=0.000$ ;  $\rho=0.593$ ).

**Conclusion:** there is a relationship between age, gender, length of service and work posture with complaints of musculoskeletal disorders and there is no relationship between nutritional status and complaints of musculoskeletal disorders.

**Keywords:** Musculoskeletal disorders, individual characteristics, work posture.