

HUBUNGAN POSTUR KERJA DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* PADA PEKERJA KONVEKSI AL-BUQHARI KECAMATAN TENGARAN

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ABSTRAK

Latar Belakang: Musculoskeletal Disorders (MSDs) sering terjadi di industri konveksi akibat postur kerja tidak ergonomis. Di Indonesia, 16% penyakit akibat kerja adalah MSDs, dengan prevalensi 57,1% pada penjahit. Menurut ILO, MSDs termasuk Penyakit Akibat Kerja (PAK) yang dapat menyebabkan kematian. Survei awal menggunakan Nordic Body Map (NBM) pada lima pekerja konveksi menunjukkan seluruhnya mengalami keluhan MSDs, terutama di bahu, lengan, punggung, dan kaki. Pengukuran postur kerja dengan Rapid Entire Body Assessment (REBA) menunjukkan skor 4-7 (risiko sedang), sehingga diperlukan perbaikan.

Metode: Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional dan teknik total sampling. Uji korelasi Spearman digunakan untuk menganalisis hubungan antara postur kerja dan keluhan MSDs.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar pekerja memiliki postur kerja dalam kategori risiko sedang (77,4%) dan tinggi (19,4%). Mayoritas pekerja juga mengalami keluhan MSDs dengan tingkat sedang (51,6%) dan tinggi (41,9%). Analisis statistik menunjukkan adanya hubungan yang signifikan antara postur kerja dengan keluhan MSDs ($p\text{-value} = 0,000$, $r = 0,792$), dengan korelasi positif yang kuat. Artinya, semakin buruk postur kerja, semakin tinggi risiko keluhan MSDs yang dialami pekerja.

Kesimpulan: Penelitian ini menemukan adanya hubungan yang signifikan dan kuat antara postur kerja dengan keluhan MSDs pada pekerja Konveksi Al Buqhari, Tenganan. Oleh karena itu, disarankan bagi pihak konveksi untuk melakukan evaluasi ergonomi, menyediakan fasilitas kerja yang lebih nyaman, serta memberikan pelatihan terkait postur kerja yang ergonomis guna mengurangi risiko MSDs pada pekerja.

Kata Kunci : Postur Kerja, Keluhan MSDs, Ergonomi, Konveksi.

THE RELATIONSHIP BETWEEN WORK POSTURE AND MUSCULOSKELETAL DISORDER COMPLAINTS AMONG GARMENT WORKERS AT AL-BUQHARI CONVECTION, TENGARAN DISTRICT

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ABSTRACT

Background: Musculoskeletal Disorders (MSDs) are common in the garment industry due to non-ergonomic working postures. In Indonesia, 16% of occupational diseases are MSDs, with a prevalence of 57.1% among tailors. According to the ILO, MSDs are classified as Occupational Diseases (ODs) that can lead to fatalities. A preliminary survey using the Nordic Body Map (NBM) on five garment workers showed that all experienced MSD complaints, particularly in the shoulders, arms, back, and legs. Posture assessment using the Rapid Entire Body Assessment (REBA) method resulted in scores of 4–7 (moderate risk), indicating the need for improvement.

Methods: his study employs a quantitative approach with a cross-sectional design and total sampling technique. The Spearman correlation test was used to analyze the relationship between working posture and MSD complaints.

Results: The study found that most workers had work postures classified as moderate risk (77.4%) and high risk (19.4%). Additionally, the majority of workers experienced MSD complaints at moderate (51.6%) and high (41.9%) levels. Statistical analysis indicated a significant relationship between work posture and MSD complaints ($p\text{-value} = 0.000$, $r = 0.792$), showing a strong positive correlation. This implies that poorer work posture is associated with a higher risk of MSD complaints.

Conclusion: This study confirms a significant and strong relationship between work posture and MSD complaints among workers at Al Buqhari Garment, Tengarani. Therefore, it is recommended that the company conduct ergonomic evaluations, provide more comfortable work facilities, and offer training on proper work postures to reduce the risk of MSDs among workers.

Keywords: Work Posture, MSD Complaints, Ergonomics, Garment Industry.