

**PROGRAM STUDI KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN
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ILHAM AKBAR NUGRAHA
027241031

PENERAPAN ERGONOMI KERJA DAN WORK LIFE BALANCE UNTUK
PENCEGAHAN MUSCULOSKELETAL DISORDERS (MSDS) PADA PEGAWAI BPJS
KESEHATAN KANTOR CABANG SAMPIT

ABSTRAK

Menurut World Health Organization (WHO) menyatakan bahwa diregional Asia Tenggara memiliki sekitar 369 juta orang yang hidup dengan kondisi musculoskeletal angka ini mencakup data dari berbagai negara, termasuk Indonesia. Menurut data WHO tahun 2022 yang dikutip oleh Kementerian Kesehatan RI, Sekitar 1 dari 8 orang di Indonesia mengalami masalah gangguan kesehatan mental. Tujuan penulisan karya kinerja ini untuk memberikan gambaran pelaksanaan program Inisiatif Fit Life untuk pencegahan MSDs dan mental disorders pada pegawai KC Sampit serta memberikan gambaran hubungan antara penerapan prinsip ergonomi kerja dan WLB dengan upaya pencegahan MSDs dan mental disorders pada pegawai. Metode kajian ini menggunakan metode deskriptif. Pada Tahun 2021-2023, Upaya penerapan gaya hidup sehat di KC Sampit masih mengalami berbagai kendala, perlu adanya peningkatan pemahaman dan penerapan gaya hidup sehat pegawai termasuk prinsip ergonomic dan WLB di KC Sampit baik dari sosialisasi dan edukasi, pelatihan ergonomic praktis serta WLB, dan peningkatan kesadaran berkelanjutan pegawai. Goal dari implementasi program ini yaitu pelaksanaan kegiatan penerapan hidup sehat terlaksana dan memberikan impact kepada pegawai diantaranya meningkatnya kepuasan pegawai dan kenaikan hasil kerja pegawai dan menurunkan keluhan kesehatan. Dilakukan strategi penguatan program dengan sosialisasi dan edukasi ke seluruh pegawai, dan optimalisasi kegiatan pengembangan program Inisiatif Fit Life. Hasil dari pelaksanaan Program Inisiatif Fit Life tahun 2022 sampai 2024 didapatkan kenaikan tren kepuasan pegawai sebesar 2,9% serta kenaikan jumlah pegawai dengan hasil kinerja memuaskan sebesar 38,7% dengan total 19 pegawai ke 31 pegawai. Dilakukan pula upaya pengembangan dengan inovasi Metode Cerdik” (Cek Kondisi Kesehatan Secara Berkala, Enyahkan Asap Rokok, Rajin Aktifitas Fisik, Diet Sehat Dengan Kalori Seimbang, Istirahat Yang Cukup dan Kendalikan Stress) dalam upaya peningkatan dan variasi program penerapan gaya hidup sehat di KC Sampit.

Kata Kunci : ergonomi kerja, work life balance, musculoskeletal mental disorders

**PUBLIC HEALTH STUDY PROGRAM
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ILHAM AKBAR NUGRAHA
027241031

OVERVIEW OF THE IMPLEMENTATION OF THE YAWS ERADICATION PROGRAM
TOWARDS YAWS-FREE CERTIFICATION IN THE SERUYAN REGENCY HEALTH
OFFICE AREA

ABSTRACT

According to the World Health Organization (WHO), the Southeast Asia region has approximately 369 million people living with musculoskeletal conditions. This figure encompasses data from various countries, including Indonesia. WHO data from 2022, as cited by the Indonesian Ministry of Health, indicate that about 1 in 8 people in Indonesia experience mental health problems. The purpose of this performance report is to provide an overview of the implementation of the Fit Life Initiative program for the prevention of Musculoskeletal Disorders (MSDs) and mental disorders among employees of the BPJS Kesehatan Sampit Branch Office (KC Sampit), as well as to describe the relationship between the application of ergonomic work principles and Work-Life Balance (WLB) with the prevention of MSDs and mental disorders in employees. This review applies a descriptive method. From 2021 to 2023, efforts to promote a healthy lifestyle at KC Sampit have faced various challenges, highlighting the need to improve employees' understanding and adoption of healthy living practices, including ergonomic principles and WLB. This requires enhanced dissemination and education, practical ergonomic and WLB training, and continuous employee awareness-building. The goal of this program is to ensure the effective implementation of healthy living activities, with measurable impacts such as improved employee satisfaction, increased work performance, and reduced health complaints. Program strengthening strategies include company-wide dissemination and education, as well as optimization of Fit Life Initiative development activities. The results of the Fit Life Initiative from 2022 to 2024 show a 2.9% increase in employee satisfaction and a 38.7% increase in the number of employees with satisfactory performance results (from 19 to 31 employees). Further development efforts were made through the innovative "CERDIK Method" (Cek Kondisi Kesehatan Secara Berkala — Regular Health Check-ups, Enyahkan Asap Rokok — Eliminate Cigarette Smoke, Rajin Aktivitas Fisik — Regular Physical Activity, Diet Sehat dengan Kalori Seimbang — Healthy Diet with Balanced Calories, Istirahat yang Cukup — Adequate Rest, and Kendalikan Stres — Manage Stress), aimed at enhancing and diversifying healthy lifestyle programs at KC Sampit.

Keywords: ergonomi work, work life