

HUBUNGAN ANTARA RISIKO ERGONOMI DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PEKERJA *FINISHING* DI PC GKBI MEDARI SLEMAN

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INTISARI

Latar Belakang: *Musculoskeletal Disorders* (MSDs) adalah penyakit yang mempengaruhi otot, saraf, dan tulang akibat trauma berulang. Risiko ergonomi, seperti postur kerja tidak nyaman dan gerakan berulang, meningkatkan keluhan MSDs. Di Indonesia, perhatian terhadap ergonomi di tempat kerja masih minim, termasuk pada pekerja *finishing* di industri tekstil PC GKBI Medari Sleman.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara risiko ergonomi dan keluhan muskuloskeletal pada pekerja *finishing* di PC GKBI Medari Sleman dengan menggambarkan tingkat risiko ergonomi, keluhan subjektif, serta keeratan hubungan antara keduanya.

Metode Penelitian: Penelitian ini menggunakan pendekatan kuantitatif dengan desain deskriptif korelasional untuk menguji hubungan antara risiko ergonomi dan keluhan *musculoskeletal disorders* pada pekerja *finishing* di PC. GKBI Medari Sleman, melibatkan 33 sampel, metode pengumpulan data melalui kuesioner dan observasi.

Hasil: Hasil penelitian menunjukkan risiko ergonomi mayoritas dalam kategori sedang (72,7%), keluhan *musculoskeletal disorders* mayoritas dalam kategori rendah (90,9%). Hasil bivariat diperoleh *p-value* 0,079 ($p > 0,05$) dengan nilai *r* 0,169.

Kesimpulan: Tidak terdapat hubungan antara risiko ergonomi dengan keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja *finishing* di PC. GKBI Medari Sleman.

Kata Kunci: *Musculoskeletal Disorders* (MSDs), Pekerja *Finishing*, Risiko Ergonomi.

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THE RELATIONSHIP BETWEEN ERGONOMIC RISKS AND MUSCULOSKELETAL DISORDERS (MSDS) COMPLAINTS IN FINISHING WORKERS AT PC GKBI MEDARI SLEMAN

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ABSTRACT

Background: Musculoskeletal Disorders (MSDs) is a disease that affects muscles, nerves, and bones due to repetitive trauma. Ergonomic risks, such as uncomfortable work postures and repetitive movements, increase MSDs complaints. In Indonesia, attention to ergonomics in the workplace is still minimal, including finishing workers in the textile industry PC GKBI Medari Sleman.

Objective: This study aims to determine the relationship between ergonomic risks and musculoskeletal complaints in finishing workers at PC GKBI Medari Sleman by describing the level of ergonomic risks, subjective complaints, and the closeness of the relationship between the two.

Method: This study used a quantitative approach with a descriptive correlational design to examine the relationship between ergonomic risks and complaints of musculoskeletal disorders in finishing workers at PC GKBI Medari Sleman, involving 33 samples, data collection methods through questionnaires and observation.

Result: The results showed that the majority of ergonomic risks were in the moderate category (72.7%), the majority of musculoskeletal disorders complaints were in the low category (90.9%). Bivariate results obtained p -value 0.079 ($p > 0.05$) with an r value of 0,169.

Conclusion: There is no relationship between ergonomic risks and complaints of Musculoskeletal Disorders (MSDs) in finishing workers at PC. GKBI Medari Sleman.

Keywords: Musculoskeletal Disorders (MSDs), Finishing Workers, Ergonomic Risks.

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