ABSTRACT

Musculoskeletal disorders (MSDs) are the health problems in the form of a collection of some of the symptoms associated with muscle tissue, tendons, ligaments, cartilage, nervous system, bone structure and blood vessels. This interference complaints ranging from mild to serious. Ergonomic issues accounted for 30% -50% in the case of MSDs are one of the causes is working with a static working postures, doing repetitive work, etc. The risk of health problems can occur in some workers, one of which is the workers of the industrial sector. This study aims to analyze the work and risk posture musculoskeletal disorders (MSDs) at overhauling workers at PT. UPHT PJB Gresik.

This study is observational analytic research using cross sectional design. The subject of research as many as 37 people by simple random sampling. The questionnaire, measurement, and observation conducted to obtain information related to the variables studied. The dependent variable is the study MSDs complaints, while the independent variables are the individual characteristics (age, smoking habits, nutritional status, and exercise habits) and work posture. Observation of work postures using methods Rapid Upper Limb Assessment (RULA). Data analysis was done using Fisher’s Exact Test and Wilcoxon Sign Rank Test.

MSDs complaints suffered by as much as 78.4% of respondents. Results of cross tabulation analysis with Fisher's Exact Test showed that the variables that showed a significant association with MSDs complaint is age a significant relationship between age (p = 0.019) and nutritional status (p = 0.041). As for the variable smoking habits (p = 0.538), and exercise habits (p = 0.655) showed no significant association with complaints MSDs because the value of p>α. Different test results showed a difference MSDs complaints before and after the work (p = 0.000) in the form of an increase in complaints MSDs after work. Results observation working posture with RULA method showed 91.9% of respondents in the category of Low Risk.

Based on all the variables studied, only age and nutritional status have a relationship with a complaint MSDs, there is an increase in complaints MSDs, and for working posture may be necessary to change. Therefore, it is suggested to the company to conduct medical check-up and urged workers doing stretching overhaul.

Keywords: Musculoskeletal Disorders (MSDs), individual characteristic, work postures