ABSTRACT

The increasing of market demand for furniture in Indonesia causes the informal industry to be more aggressive in increasing the production. It will certainly have the positive effect to the economic matters, yet it also bring the negative effect to wood porters if the work capacity is fewer than the work load. Individual characteristics and unnatural working attitude are some of the factors that can affect muscle complaints, in this case is musculoskeletal disorders. This research is conducted to analyze some factors related to the musculoskeletal complaints.

This research was conducted using cross sectional plan and descriptively analyzed in the form of frequency table. The subjects of the research were 20 wood porters in which the total of population had fulfilled the inclusion criteria. The data were analyzed using spearman test. The independent variables of this research were age, working hours, working period, smoking habit, exercising habit, anthropometric, and unnatural working attitude. While the dependent variable was musculoskeletal disorders complaints.

The result of this research showed that most of the 80% respondents were more than 35 years old, 95% respondents worked with more than 8 hours a day, 65% respondents had been working for more than 5 years, 55% respondents had smoking habit with spent more than 20 cigarettes a day, all of respondents had no exercise in a week, and 75% respondents had normal weight. 50% respondents had unnatural working attitude with average risk level and 50% respondents had complaint level in average risk.

Unnatural working attitude had significant corellation with exercising habit, age, and working hours. Prevention can be done by arranging the balance rest and working hours, and also ensuring the loads not to exceed the porters capacity. Furthermore, the use of pad on the head or shoulder are important in order to protect the body from direct contact with the load.

Keywords: musculoskeletal disorders complaint, wood porters