ABSTRACT

Computer use among workers gives negative impact such as musculoskeletal disorders. Thus might be caused by incompatibility both individual characteristic factors and workstation factors. The objectives of the study is to analyze the individual characteristic factors and workstation factors toward musculoskeletal disorders among newspaper office workers in Malang Post.

This study used cross sectional study design using descriptive analytic approach. 15 workers were studied to collect informations. Subjects were selected from population total who meet the inclusive criterias. The variables were individual characteristics (age, sex and nutritional status), workstations and musculoskeletal disorders.

The finding of this study shows 83.3% respondens by age <35 years experienced mild and moderate musculoskeletal disorders, 100% of female respondens experienced mild musculoskeletal disorders and 100% of respondens who had normal nutritional status experienced mild and moderate musculoskeletal disorders. 76.9% respondens used ergonomic desk experienced mild and moderate musculoskeletal disorders. 100% respondents who used unergonomic chair, wrong monitor and mouse placement experienced musculoskeletal disorders. 75% of respondens who used unergonomic keyboard placement experienced musculoskeletal disorders. 76.9% respondens used ergonomic desk experienced mild and moderate musculoskeletal disorders. The result of relationship strength test with contingency coefficient showed weak relationship between individual characteristic variables toward musculoskeletal disorders and variable of workstation and musculoskeletal disorders.

Female respondens aged <35 years old with normal nutritional status had higher risk of experiencing musculoskeletal disorders. Respondens who use unergonomic chair, wrong monitor, keyboard and mouse placement had higher risk of experiencing musculoskeletal disorders, while respondents with ergonomic desk experiencing musculoskeletal disorders more. Prevention for minimizing workers’s illness are setting up workstations properly in accordance with health and safety guidance; taking break regularly or when needed, changing eyes focus from the monitor to other far objects to prevent eyestrain; when working with direct hand, try to work alternately; and do not working with monotonous body gesture.

Key words: subjective musculoskeletal complaints, individual characteristics, workstations