ABSTRACT

Driving is important job in the transportation business. Driving is a long time job to do in sit down position which causes musculoskeletal complaints. The aim of this study was describe about relation of several factors between musculoskeletal complaints in bus driver of PO. X.

This study was an observational study with cross sectional design approach. The total population in this study was 15 drivers. Total population was used in this study. Variables studied were musculoskeletal complaint, driving activity (driving duration, years of services, rest time), combinations causal (age, smoking habit, body mass index) and driving posture. Data obtained by measurement, observation and questionnaire. Level of musculoskeletal complaints was assessed by Nordic Body Map questionnaire. Driving posture was assessed by RULA and REBA method. The data were analyzed using spearman test.

The result showed 46.7% drivers have a moderate musculoskeletal complaint, 80% drivers driving >4.5 hours, 80% drivers have >5 years of services, 86.7% drivers did not rest while driving, 86.7% drivers >35 year old, 93.3% drivers have smoking habit, 60% drivers have overweight, 93.3% drivers have REBA score 2-3, 93.3% drivers have RULA score 3-4. Rest time and Body Mass Index have a weak correlation with musculoskeletal complaints. REBA score, RULA score, driving duration, years of driving, age and smoking habit have a moderate correlation with musculoskeletal complaints.

The company suggested to assist driver in the registration of BPJS program. Drivers suggested drinking more mineral water and do exercise regularly in a week.

Keywords: bus driver, musculoskeletal complaints