

ABSTRAK

PT X memiliki beberapa proses dan jenis pekerjaan meliputi pekerjaan di ketinggian, perbaikan mesin, pemeliharaan, dan pembersihan yang melibatkan pekerja workshop. Beberapa jenis pekerjaan tersebut dapat menimbulkan keluhan *musculoskeletal*. Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan ergonomi kerja dan postur kerja dengan keluhan *musculoskeletal* pada pekerja workshop di PT X. Metode yang digunakan dalam penelitian ini adalah observasional deskriptif dengan pendekatan *cross sectional* dan responden sebanyak 30 pekerja. Metode pengukuran pengetahuan kerja dilakukan menggunakan kuesioner, sementara postur kerja menggunakan metode *Rapid Entire Body Assessment* (REBA) sedangkan pengukuran keluhan *musculoskeletal* menggunakan kuesioner *Nordic Body Map* (NBM). Hasil penelitian ini menunjukkan bahwa tingkat hubungan antara karakteristik individu dengan keluhan *musculoskeletal Disorder* meliputi usia ($r=0,049$), tingkat pendidikan ($r=0,067$), dan masa kerja ($r=0,035$) memiliki tingkat hubungan yang sangat rendah. Sementara tingkat hubungan antara pengetahuan ergonomi kerja dengan keluhan *musculoskeletal Disorder* memiliki hubungan yang rendah dengan nilai koefisien korelasi sebesar $-0,250$. Sedangkan tingkat hubungan antara postur kerja dengan keluhan *musculoskeletal Disorder* memiliki tingkat hubungan yang sedang dan bersifat searah dengan nilai koefisien korelasi sebesar $0,440$. Perlu dilakukan perubahan *work station*, melakukan pelatihan penerapan prinsip ergonomi, pemberian safety briefing, peregangan otot, dan monitoring postur kerja.

Kata kunci: Pengetahuan Ergonomi Kerja, Keluhan *Musculoskeletal Disorder* (MSDs), Tingkat Hubungan

ABSTRACT

PT X has several processes and types of work including elevation, machine repair, maintenance, and maintenance involving workshop workers. Some types of work can cause *musculoskeletal* complaints. The purpose of this study was to determine the relationship between work ergonomics and work posture with *musculoskeletal* complaints in workshop workers at PT X. The method used in this study was descriptive observational with a cross sectional approach and respondents were 30 workers. The method of measuring knowledge is using a questionnaire, while work posture uses the Rapid Entire Body Assessment (REBA) method, while measuring *musculoskeletal* complaints uses a Nordic Body Map (NBM) questionnaire. The results of this study indicate that the level of relationship between individual characteristics and complaints of *musculoskeletal Disorders* including age ($r = 0.049$), education level ($r = 0.067$), and years of service ($r = 0.035$) has a very weak and unidirectional relationship. Meanwhile, the level of relationship between knowledge of work ergonomics and complaints of *musculoskeletal Disorders* has a weak and opposite relationship with a correlation coefficient of -0.250 . While the level of relationship between work posture and *musculoskeletal* complaints has a level of relationship that is in the same direction as the correlation coefficient value of 0.440 . It is necessary to change the *work station*, conduct training on the application of ergonomic principles, present safety briefings, stretch muscles, and monitoring work posture.

Keywords: Knowledge of Work Ergonomics, Complaints of *Musculoskeletal Disorder* (MSDs), Relationship Level