

ABSTRAK

Keluhan pada sistem muskuloskeletal adalah keluhan pada bagian-bagian otot rangka yang dirasakan oleh seseorang mulai dari keluhan sangat ringan sampai sangat sakit. Penelitian ini bertujuan untuk menganalisis hubungan antara faktor individu dengan keluhan *Musculoskeletal Disorders* (MSDs) pada Pekerja area *Stockyard* PT Adhi Pesada Beton Mojokerto. Jenis penelitian ini adalah observasional analitik dengan pendekatan *cross sectional*. Subjek penelitian ini adalah pekerja langsung dan *delivery*/pengiriman di area *stockyard* PT Adhi Persada Beton Mojokerto dengan sampel sebanyak 38 pekerja. Instrumen penelitian ini menggunakan kuesioner *Nordic Boy Map* (NBM) untuk mengetahui tingkat keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja area *stockyard*. Variabel bebas pada penelitian ini adalah usia, masa kerja, status gizi (Indeks Massa Tubuh) dan kebiasaan merokok serta variabel terikat adalah keluhan *Musculoskeletal Disorders* (MSDs). Analisis pada penelitian ini menggunakan uji statistik korelasi *Rank-Spearman* untuk mengetahui hubungan antar variabel. Hasil penelitian ini menunjukkan 52,6% pekerja berusia <35 tahun, 63,2% pekerja memiliki masa kerja ≥ 6 bulan - 12 bulan, 60,5% pekerja dengan Indeks Massa Tubuh normal, dan 34,2% pekerja dengan kebiasaan merokok sedang 10 - 20 batang/hari dengan tingkat keluhan sedang dan tinggi. Usia memiliki hubungan yang kuat ($p\text{-value} = 0,000$, $r = 0,807$) dan status gizi (Indeks Massa Tubuh) memiliki hubungan sedang ($p\text{-value} = 0,000$, $r = 0,578$) dengan *Musculoskeletal Disorders* (MSDs). Sedangkan, masa kerja dan kebiasaan merokok tidak berhubungan dengan *Musculoskeletal Disorders* (MSDs). Disarankan agar perusahaan memberikan edukasi dan promosi kesehatan kepada para pekerja, menyediakan sarana dan prasarana tempat istirahat yang nyaman serta mengadakan program olahraga dan gizi kerja.

Kata Kunci : *Musculoskeletal Disorders* (MSDs), NBM, Faktor Individu

ABSTRACT

Musculoskeletal Disorders (MSDs) are complaining about the parts of the skeletal muscles that are felt by a person which causes aches and pains in the tendons, nerves, muscles and other supporting tissues due to repetitive work for a long time, awkward postures when doing work activities and other factors. This study aims to analyze the relationship between individual factors and complaints about Musculoskeletal Disorders (MSDs) in the Stockyard area about workers of PT Adhi Pesada Beton Mojokerto. This type of research is an analytic observational cross-sectional approach. The subjects of this study were sling and delivery workers in the stockyard area of PT Adhi Persada Beton Mojokerto with a sample of 38 workers. The instrument of this study used a Nordic Boy Map (NBM) questionnaire to determine the level of musculoskeletal orders (MSDs) complaints by stockyard workers. The independent variables in this study were age, years of service, nutritional status (Body Mass Index) and smoking habits and the dependent variable were complaints of Musculoskeletal Disorders (MSDs). The analysis in this study used the Rank-Spearman correlation statistical test to determine the relationship between variables. The results of this study indicate that most workers aged less than 35 years with a working period of more than 6 months to 12 months have normal nutritional status (Body Mass Index), moderate smoking habits of 10 to 20 cigarettes per day with moderate and high levels of complaints. Age had a strong relationship (p value 0.000, $r = 0.807$) and nutritional status (Body Mass Index) had a moderate relationship (p value 0.000, $r = 0.578$) with Musculoskeletal Disorders (MSDs). Whereas, tenure and smoking habits are not associated with Musculoskeletal Disorders (MSDs). It is recommended that companies provide education and health promotion to workers, provide facilities and infrastructure for comfortable resting places and organize sports and work nutrition programs.

Keywords: *Musculoskeletal Disorders* (MSDs), NBM, Individual Factor