

ABSTRAK

Muskuloskeletal Disorders (MSDs) merupakan masalah kesehatan kerja yang signifikan berpotensi menyebabkan kerusakan pada otot, tendon, ligamen, dan sendi. Tujuan dari penelitian ini adalah untuk mengetahui kekuatan hubungan antara faktor internal (umur, masa kerja, kebiasaan merokok) dan beban kerja mental dengan keluhan *musculoskeletal disorders* (MSDs) pada operator *container crane*. Penelitian ini termasuk jenis penelitian deskriptif dengan metode observasi. Sampel penelitian ini yaitu total populasi operator *container crane* sebanyak 18 operator. Tiga kuesioner digunakan dalam penelitian ini meliputi kuesioner karakteristik responden, *Nordic Body Map*, dan *NASA-Task Load Index* (TLX). Data yang diperoleh kemudian dianalisis dengan menggunakan uji *Spearman*. Hasil penelitian menunjukkan mayoritas keluhan MSDs termasuk kategori rendah dengan beban kerja mental yang tinggi. Hasil uji korelasi menunjukkan bahwa kekuatan hubungan yang cukup antara usia ($r = 0,478$) dan kebiasaan merokok ($r = -0,478$) dengan keluhan MSDs, sedangkan kekuatan hubungan yang kuat antara masa kerja ($r = 0,535$) dan beban kerja mental ($r = 0,598$) dengan keluhan MSDs. Kesimpulan dari penelitian yaitu masa kerja dan beban kerja mental menjadi faktor yang dominan penyebab keluhan MSDs. Saran yang diberikan adalah agar para operator melakukan latihan peregangan di waktu luang dan agar perusahaan memberikan pelatihan tentang mekanisme *coping* bagi para operator.

Kata kunci: faktor internal, beban kerja mental, keluhan *musculoskeletal disorders*, operator *container crane*.

ABSTRACT

Musculoskeletal disorders (MSDs) represent a significant occupational health issue with the potential to cause damage to muscles, tendons, ligaments, and joints. The objective of this study was to ascertain the strength of the relationship between internal factors (age, tenure, and smoking habits) and mental workload with musculoskeletal disorders (MSDs) complaints in container crane operators. This study employs a descriptive research design with an observational methodology. The sample for this study comprises the total population of container crane operators, numbering 18 individuals. Three questionnaires were used in this study including the respondent characteristics questionnaire, Nordic Body Map, and NASA-Task Load Index (TLX). The data obtained was then analyzed using the Spearman test. The results showed that the majority of MSDs complaints were in the low category with a high mental workload. The results of the correlation test demonstrate that the strength of the relationship between age ($r = 0.478$) and smoking habits ($r = -0.478$) with MSDs complaints is sufficient, while the strength of the relationship between tenure ($r = 0.535$) and mental workload ($r = 0.598$) with MSDs complaints is strong. The study's findings indicate that tenure and mental workload are the primary contributing factors to MSD complaints. Suggestions are made for the operators to do stretching exercises in their free time and for the company to provide training in coping mechanisms for the operators.

Keywords: internal factors, mental workload, musculoskeletal disorders, container crane operator.