

ABSTRACT

Stress marker was the study of the occupation routine work on the human muscles. This study discussed the routine work of human with the use of muscle and joint that could be seen in the human skeleton. Identification of the various sign of occupation stress marker on the human skeleton helped to interpret the individual work activities in a particular society. This research discussed the shape of the stress marker in the upper limb of farm labor in the hamlet of Plosorejo, the village of Kunjang, sub-district of Kunjang, Kediri.

The method was performed in this study was using stratified random sampling technique. Ten farm laborers who had different working periods were selected.

The result showed that the stress marker in the form of thickening bone experienced by 49,75% of farm laborers who worked for 2 years to 24 years , then experienced by 70% of farm laborers who worked for 24 years to 46 years, and 87,5% of farm laborers who worked for 46 years to 68 years . It could be concluded that farming that required mechanical movements with heavy weight in a long time would cause stress markers.

Key words: *stress markers*, farm laborers, movement