

## ABSTRACT

Video display terminal operators are at high risk of developing musculoskeletal disorders. The main aim of this study was to analyze the association among individual characteristics, task and material characteristics with musculoskeletal disorders.

This was an observational descriptive study with cross sectional approach. The respondents were all employees of VDT operators in PT. Telkom Tulungagung, 17 operators. This study was conducted by interview, observation and anthropometric dimension measurements. The independent variable of this study were individual characteristics, task and material characteristics. The dependent variable is MSDs.

The results showed that most of the respondents aged 35 years, length of employment more than 3 years, males, were non-smokers and didn't take regular physical exercise. VDTs had been adjusted to the anthropometric respondents. Most respondents had mild complaints MSDs with the most complaints in the neck and shoulders. There were moderate association among smoking habit, the angleview to the monitor, the angleview to the keyboard and the presence of armrests on a chair with a complaint of MSDs. ( $C = 0,26 - 0,50$ )

It is recommended that the company provide a suitable work station and socialize ergonomic working posture to all operators and all operators are suggested to perform stretching exercise and to adjust the work station prior to doing their work.

Keywords: video display terminal, operator, musculoskeletal disorders.