GANGGUAN MUSKULOSKELETAL (OTOT LEHER, BAHU) PADA OPERATOR KOMPUTER DAN FAKTOR YANG MEMPENGARUHINYA

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ABSTRACT

Musculoskeletal Disorders (neck shoulders muscle) to computer operator and Factors Influences Preliminary survey showed about 74 % of computer operators experienced musculoskeletal disorders (MSDs) before and after doing their job. Because of that fact, MSDs research especially at neck and shoulders muscle would be conducted relating to awkward body position and another factor which influenced them.

This research was cross sectional design with analytical analysis. 38 Sample size was taken from 50 as population by simple random sampling and Lemeshow formula. MSDs at neck shoulder was dependent variable and independent variable were awkward position, repetitive motion and overload tasks. The individual factors might influence MSDs were age, sex, work period and nutrient status. variables were analyzed by regression logistic test.

Result showed that computer operators with awkward body position is 65,8 % and repetitive motion is 34,2 %. 47,4% respondents experience MSDs (neck shoulders muscle pain). Long period of MSDs complaint for one day at 60 % and absenteeism was 55% of 20 respondent in one month. Reasons of absenteeism were MSDs and others reason. Individual characteristic consist of age < 36 years old was 50%, man was 71.1%, work period <5 years and > 10 yaars was 63,2% and normal nutrient status was 63.2%.

Work station (work chair and work table) showed not fit with antropometric body of operators computer and equipment computers too at Dispenda Province office. There was association between neck pain with awkward body position at $p = 0.04$ ($\alpha = 0.05$). Nutrient status influences MSDs with $p < \alpha$ and others factor such as age, work period, overload tasks do not influence to MSDs. Conclusion was computer operator doing the job with awkward body position. Information and socialization of ergonomic norm should be implemented to computer operator office.

Keywords: *musculoskeletal disorders*, *computer operator* and *risk ergonomic*