

Nurtasyianingsih, 2020. *Description of Musculoskeletal Disorders (MSDs) Risk Factors in Office Workers at PT X Lamongan*. This Final Project is under the active guidance of Mrs. Ratih Damayanti, S.KM., M.Kes. D3 Occupational Safety and Health Study Program, Faculty of Vocational Study, Airlangga University.

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### ABSTRACT

Computer usage with abnormal postures in long time can cause *musculoskeletal disorders* (MSDs) risks. These individual factors include the age, working period, sex, and exercise habits. Work factors include posture. The aim of this study is to know the factors of musculoskeletal disorders (MSDs) risks in PT X Lamongan.

This study used descriptive observational approach with cross sectional design. The instruments were worksheet ROSA and *Nordic Body Map* questionnaire. The respondents were 37 office workers in finance, HRD, HSE, operation, and cooperate department. The variables were ages, period of work, sex, exercise habits and postures related to musculoskeletal. The data analyzed by cross tabulation with descriptive narration.

The result of this study were majority of respondents aged  $\leq 35$  years old, male sex, with  $< 6$  years period of work, and didn't have exercise habits. Respondents who experienced complaints of MSDs aged  $\leq 35$  years (67.5%),  $< 6$  years period of work (57%). Male workers (53.6%) and women workers (55.6%) had almost the same risk of MSDs, and workers who didn't have exercise habits (54%). Based on the ROSA assessment, most respondents were at high risk of MSDs (77.3%), and low risk of MSDs (27%).

The conclusion, most respondents were aged  $\leq 35$  years old, male or female sex,  $< 6$  years of working period, didn't have sports habits, and high ROSA assessment results have the potential to experience MSDs. It's recommended that PT X rearranging items that disrupt leg movements, providing a document holders, document storage racks, training office ergonomic, self-assessment office ergonomics and do exercise habits.

Keywords : MSDs, ROSA, exercise habits, office workers

Nurtasyianingsih, 2020. **Gambaran Faktor Risiko Musculoskeletal Disorders (MSDs) Pada Pekerja Kantor di PT X Lamongan.** Tugas Akhir ini di bawah bimbingan Aktif Ratih Damayanti, S.KM., M.Kes. Program Studi D3 Keselamatan dan Kesehatan Kerja, Fakultas Vokasi, Universitas Airlangga.

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### ABSTRAK

Penggunaan komputer pada pekerja kantor dengan postur tubuh janggal durasi lama menimbulkan risiko *muskuloskeletal disorders* (MSDs). Faktor risiko MSDs yaitu faktor individu meliputi usia, masa kerja, jenis kelamin, dan kebiasaan olahraga. Faktor pekerjaan meliputi postur kerja. Tujuan penelitian ini mengetahui gambaran faktor risiko muskuloskeletal disorders (MSDs) pada pekerja kantor di PT X Lamongan.

Metode penelitian dengan observasional deskriptif dengan pendekatan cross sectional instrumen lembar ROSA dan kuesioner *Nordic Body Map*. Responden penelitian pekerja kantor departemen *finance*, HRD, HSE, *operation*, dan *coorporate* yang berjumlah 37 orang. Variabel yang diteliti yaitu usia, masa kerja, jenis kelamin, kebiasaan olahraga dan postur kerja. Data diuji dengan tabulasi silang narasi deskriptif.

Hasil penelitian sebagian besar responden berusia  $\leq 35$  tahun, jenis kelamin laki-laki, bermasa kerja  $< 6$  tahun, dan tidak memiliki kebiasaan olahraga. Responden mengalami keluhan MSDs berusia  $\leq 35$  tahun (67,5%), masa kerja  $< 6$  tahun (57%). Pekerja jenis kelamin laki-laki (53,6%) perempuan (55,6%) hampir sama memiliki risiko MSDs, tidak memiliki kebiasaan olahraga (54%). Berdasarkan penilaian ROSA, sebagian besar responden beresiko tinggi MSDs (77,3%), dan beresiko rendah MSDs (27%).

Kesimpulan penelitian, responden berusia  $\leq 35$  tahun berjenis kelamin laki-laki maupun perempuan, masa kerja  $< 6$  tahun, tidak memiliki kebiasaan olahraga, dan hasil ROSA tinggi. Disarankan PT X menata ulang barang yang mengganggu pergerakan kaki, menyediakan *document holder*, rak penyimpanan dokumen, training, penilaian diri tentang ergonomi dan olahraga rutin.

Kata kunci: MSDs, ROSA, Kebiasaan Olahraga, Pekerja Kantor