

ABSTRACT

THE ASSOCIATION BETWEEN INDIVIDUAL FACTOR AND JOB FACTORS WITH COMPLAINT OF WORK-RELATED MUSCULOSKELETAL DISORDER AMONG NURSES IN ADVENT HOSPITAL BANDAR LAMPUNG

By

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Background: An incompatibility of ergonomic principles in nurses often results in complaint of Work-related Musculoskeletal Disorder. Physical fitness, workload and work posture are risk factors for this complaint.

Objective: The purpose of this research was to determine the association between individual factor and occupational factors with this complaint among nurses at Advent Hospital Bandar Lampung.

Method: This is a quantitative research with cross-sectional approach ($\alpha=0,05$). This research involved 124 respondents that were given questionnaires to assess physical fitness, time and motion study to assess workload and NBM to assess this complaint. RULA was used to assess work posture.

Result: Univariate analysis: 33.9% nurses with sufficient physical fitness; 66.1% nurses with less physical fitness; 21.0% nurses with underload workload; 45.2% nurses with moderate workload; 33.9% nurses with overload workload; 34.7% nurses with not risky work postures; 65.3% nurses with risky work postures; 25% of nurses without complaints; 74.2% nurses with complaints. Bivariate analysis, there was a significant correlation between physical fitness ($p = 0.001$), workload ($p = 0.003$), and work posture ($p = 0,000$) with this complaint.

Conclusion: Most nurses have less physical fitness, moderate workload, risky work posture, and have complaints of Work-related Musculoskeletal Disorder. There is a significant correlation between physical fitness, workload, and work posture with complaints of Work-related Musculoskeletal Disorder.

Keyword: complaint of Work-related Musculoskeletal Disorder, physical fitness, workload, work posture

ABSTRAK

HUBUNGAN FAKTOR INDIVIDU DAN FAKTOR PEKERJAAN DENGAN KELUHAN *WORK-RELATED MUSCULOSKELETAL DISORDER* PADA PERAWAT DI RUMAH SAKIT ADVENT BANDAR LAMPUNG

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Latar belakang: Ketidakesesuaian dengan prinsip ergonomi pada perawat sering menimbulkan keluhan *Work-related Musculoskeletal Disorder* pada pekerja. Kesegaran jasmani, beban kerja dan postur kerja merupakan faktor risiko dari keluhan ini.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan faktor individu dan faktor pekerjaan terhadap keluhan ini pada perawat di Rumah Sakit Advent Bandar Lampung.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross-sectional* ($\alpha=0,05$). Penelitian ini melibatkan 124 orang responden dengan teknik *total sampling* yang diberikan kuesioner kesegaran jasmani, *time and motion study* untuk menilai beban kerja dan NBM untuk menilai keluhan. Postur kerja dinilai menggunakan RULA.

Hasil: Analisis univariat: 33,9% perawat dengan kesegaran jasmani cukup; 66,1% perawat dengan kesegaran jasmani kurang; 21,0% perawat dengan beban kerja *underload*; 45,2% perawat dengan beban kerja *moderate*; 33,9% perawat dengan beban kerja *overload*; 34,7% perawat dengan postur kerja tidak berisiko; 65,3% dengan postur kerja berisiko; 25% perawat tanpa keluhan; 74,2% perawat dengan keluhan. Analisis bivariat: terdapat hubungan bermakna antara kesegaran jasmani ($p=0,001$), beban kerja ($p=0,003$), dan postur kerja ($p=0,000$) dengan keluhan ini.

Simpulan: Sebagian besar perawat memiliki kesegaran jasmani kurang, beban kerja *moderate*, postur kerja berisiko, dan memiliki keluhan *Work-related Musculoskeletal Disorder*. Terdapat hubungan yang bermakna antara kesegaran jasmani, beban kerja, dan postur kerja dengan keluhan *Work-related Musculoskeletal Disorder*.

Kata kunci: beban kerja, keluhan *Work-related Musculoskeletal Disorder*, kesegaran jasmani, postur kerja