

## ABSTRACT

### THE EFFECT OF WORKPLACE STRETCHING EXERCISE (WSE) ON REDUCING MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINTS IN EDUCATIONAL PERSONNEL IN THE PERSONNEL AND FINANCE ROOM OF THE RECTORATE OF LAMPUNG UNIVERSITY

By

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**Background:** Education staff are at risk of experiencing MSDs complaints due to using computers for a long time, so efforts are needed to provide Workplace Stretching Exercise (WSE). This research aims to determine the effect of providing WSE in reducing MSDs complaints among education staff.

**Method:** This research uses a quasi-experimental method with a pre test-post test control group design. The population is all educational staff in the personnel and finance room of the Rectorate of the University of Lampung with a sample size of 21 people each in the experimental group and control group using the proportional stratified sampling technique. The independent variable is WSE. The dependent variable is a decrease in MSDs complaints. The research instrument used the Nordic Body Map questionnaire. Data analysis used the paired sample t test ( $\alpha=5\%$ ).

**Results:** MSDs complaints after the intervention in the experimental group were very painful (0%), painful (0%), somewhat painful in the upper neck and waist (38.1%), while in the control group, pain in the upper neck (9.5%) and some pain in the lower neck (71.4%). There was an effect of giving WSE to the experimental group ( $p=0.05$ ) and there was no effect of giving passive rest to the control group ( $p=0.803$ ) on reducing MSDs complaints.

**Conclusion:** There is an effect of giving WSE once a day for 5 consecutive days  $\pm 15$  minutes on reducing MSDs complaints among Education Personnel in the Personnel and Finance Room of the University of Lampung Rectorate.

**Keywords:** Musculoskeletal Disorders, Education Personnel, Workplace Stretching Exercise

## ABSTRAK

### PENGARUH *WORKPLACE STRETCHING EXERCISE* (WSE) TERHADAP PENURUNAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA TENAGA KEPENDIDIKAN DI RUANGAN KEPEGAWAIAN DAN KEUANGAN REKTORAT UNIVERSITAS LAMPUNG

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**Latar Belakang:** Tenaga kependidikan berisiko mengalami keluhan MSDs karena menggunakan komputer dalam waktu lama, sehingga diperlukan upaya pemberian *Workplace Stretching Exercise* (WSE). Penelitian ini bertujuan untuk mengetahui pengaruh pemberian WSE dalam menurunkan keluhan MSDs pada tenaga kependidikan.

**Metode:** Penelitian ini menggunakan metode quasi eksperimental dengan desain *pre test-post test control group*. Populasi yaitu seluruh tenaga kependidikan di ruangan kepegawaian dan keuangan Rektorat Universitas Lampung dengan jumlah sampel pada kelompok eksperimen dan kelompok kontrol masing-masing 21 orang menggunakan teknik *proporsional stratified sampling*. Variabel bebas yaitu WSE. Variabel terikat yaitu penurunan keluhan MSDs. Instrumen penelitian menggunakan kuesioner *Nordic Body Map*. Analisis data menggunakan uji *paired sample t test* ( $\alpha=5\%$ ).

**Hasil:** Keluhan MSDs setelah intervensi kelompok eksperimen, sangat sakit (0%), sakit (0%), agak sakit pada leher atas dan pinggang (38,1%), sedangkan kelompok kontrol, sakit pada leher atas (9,5%) dan agak sakit pada leher bawah (71,4%). Terdapat pengaruh pemberian WSE kelompok eksperimen ( $p=0,05$ ) dan tidak terdapat pengaruh pemberian istirahat pasif kelompok kontrol ( $p=0,803$ ) terhadap penurunan keluhan MSDs.

**Kesimpulan:** Terdapat pengaruh pemberian WSE sehari sekali selama 5 hari berturut-turut  $\pm 15$  menit terhadap penurunan keluhan MSDs pada Tenaga Kependidikan di Ruang Kepegawaian dan Keuangan Rektorat Universitas Lampung.

**Kata Kunci:** *Musculoskeletal Disorders*, Tenaga Kependidikan, *Workplace Stretching Exercise*