

ABSTRACT

THE RELATIONSHIP BETWEEN WORK POSTURE AND MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINTS ON OIL PALM FARMERS IN SIMPANG PEMATANG DISTRICT MESUJI REGENCY LAMPUNG PROVINCE

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Background: Musculoskeletal Disorders (MSDs) are prevalent among agricultural workers, particularly oil palm farmers, due to repetitive tasks and non-ergonomic postures. The significant impact of MSDs on farmer productivity and quality of life necessitates effective work posture assessment. The Agricultural Whole-Body Assessment (AWBA) method is considered more relevant than industrial methods for this sector. This study aimed to determine the relationship between work posture and MSD complaints in oil palm farmers in Simpang Pematang District, Mesuji, Lampung.

Method: This cross-sectional analytical study was conducted in Simpang Pematang District, Mesuji, Lampung, from September 2024 to February 2025. A purposive sample of 95 male oil palm farmers participated. Work posture (independent variable, assessed by AWBA) and MSD complaints (dependent variable, measured by Nordic Body Map) were analyzed using the chi-square test ($\alpha=5\%$).

Results and Discussion: The majority (78.9%) of respondents had poor work posture. High-category MSD complaints were reported by 47.4% of respondents, while 52.6% had mild complaints. Poor posture was associated with more high complaints (53.3%), whereas good posture correlated with predominantly mild complaints (75%). The chi-square test showed a significant relationship between work posture and MSD complaints ($p = 0.024$).

Conclusion: A significant relationship exists between work posture and MSD complaints among farmers in Simpang Pematang District. Recommendations include promoting ergonomic practices among farmers, educating them on agricultural ergonomics via healthcare workers, and for future research, considering age, work duration, load, and work duration as influencing factors for MSDs.

Keyword: Agricultural Whole-Body Assessment (AWBA), Palm Oil Farmers, Working Posture

ABSTRAK

HUBUNGAN POSTUR KERJA TERHADAP KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PETANI KELAPA SAWIT DI KECAMATAN SIMPANG PEMATANG KABUPATEN MESUJI PROVINSI LAMPUNG

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Latar Belakang: *Musculoskeletal Disorders* (MSDs) sering terjadi pada pekerja sektor pertanian, terutama petani kelapa sawit, akibat aktivitas berulang dan postur tidak ergonomis. Dampak MSDs pada produktivitas dan kualitas hidup petani sangat signifikan. Penilaian postur kerja di sektor pertanian masih terbatas, sehingga metode *Agricultural Whole-Body Assessment* (AWBA) dinilai lebih relevan untuk penilaian postur kerja di sektor ini dibanding metode industri. Penelitian ini bertujuan mengetahui hubungan postur kerja dengan keluhan MSDs pada petani kelapa sawit di Kecamatan Simpang Pematang, Mesuji, Lampung.

Metode: Studi analitik *cross-sectional* ini dilakukan di Kecamatan Simpang Pematang, Mesuji, Lampung, pada September 2024-Februari 2025. Sampel berjumlah 95 petani kelapa sawit laki-laki, dipilih secara *purposive sampling*. Postur kerja (variabel independen) dinilai dengan AWBA, dan keluhan MSDs (variabel dependen) diukur menggunakan *Nordic Body Map* (NBM). Analisis data univariat dan bivariat menggunakan uji *chi-square* ($\alpha=5\%$).

Hasil dan Pembahasan: Mayoritas responden (78,9%) memiliki postur kerja buruk. Sebanyak 47,4% responden mengalami keluhan MSDs kategori tinggi, sementara 52,6% masuk kategori ringan. Responden berpostur buruk lebih banyak melaporkan keluhan tinggi (53,3%), dibandingkan dengan responden berpostur baik yang didominasi keluhan ringan (75%). Uji *chi-square* menunjukkan hubungan signifikan antara postur kerja dan keluhan MSDs ($p = 0,024$).

Simpulan: Terdapat hubungan signifikan antara postur kerja dan keluhan MSDs pada petani di Kecamatan Simpang Pematang, Mesuji, Lampung. Disarankan petani menerapkan ergonomi, tenaga kesehatan mengedukasi ergonomi agrikultural, dan peneliti selanjutnya mempertimbangkan faktor usia, lama kerja, beban, serta durasi kerja dalam analisis MSDs.

Kata Kunci: *Agricultural Whole-Body Assessment* (AWBA), Petani Kelapa Sawit, Postur Kerja