

ABSTRAK

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PENGARUH POSTUR KERJA DAN KARAKTERISTIK TENAGA KERJA DI RUANG PRODUKSI MANIK-MANIK TERHADAP MUSKULOSKELETAL

**(Studi Kasus di *Home Industry* Manik-Manik Desa Plumbon Gombang
Kecamatan Gudo Kabupaten Jombang Tahun 2023)**

(xvi + 61 Halaman + 4 Gambar + 17 Tabel + 12 Lampiran)

Meningkatnya perindustrian di Indonesia menimbulkan beberapa masalah, salah satunya yaitu keselamatan dan kesehatan kerja. Menurut data BPJAMSOSTEK tahun 2022 kecelakaan kerja di Indonesia mencapai 180 ribu jiwa. Hal tersebut berdampak pada kinerja karyawan dan mengurangi postur tubuh. Keluhan MSD terjadi akibat dari postur tubuh yang buruk. Tujuan penelitian ini untuk mempelajari postur kerja dan karakteristik tenaga kerja yang berdampak pada sistem muskuloskeletal di ruang produksi manik-manik.

Penelitian ini merupakan rancangan observasional analitik jenis cross-sectional. Sampel penelitian terdiri dari 32 responden, yang dipilih secara acak dari populasi 35 orang. Pengumpulan data dilakukan secara observasi, wawancara dan penilaian karakteristik tenaga kerja terhadap keluhan muskuloskeletal dengan kuisioner NBM dan teknik LUBA. Selanjutnya, uji korelasi kendal tau-b ($\alpha = 0,05$) digunakan untuk menjabarkan data yang telah dikumpulkan.

Hasil penelitian menunjukkan bahwa 71,9 % tenaga kerja berumur > 35 tahun, memiliki 81,3 % masa kerja lebih dari 5 tahun, 78,1% lama bekerja dalam ≥ 8 jam, 62,5% tergolong perokok sedang dan 59,4% tenaga kerja mengalami keluhan musculoskeletal kategori sedang. Hasil uji korelasi kendal tau-b terdapat pengaruh yang signifikan terhadap keluhan muskuloskeletal pada tenaga kerja di ruang produksi manik-manik antara postur kerja ($p = 0,036$), umur ($p = 0,001$), dan kebiasaan merokok ($p = 0,043$).

Pemilik industri dapat menyediakan tempat istirahat untuk tenaga kerja dan memberikan pemeriksaan medis secara rutin untuk mengurangi keluhan musculoskeletal serta tenaga kerja disarankan untuk banyak minum air putih dan melakukan pemanasan sebelum dan waktu bekerja apabila merasakan nyeri otot guna mencegah timbulnya nyeri pada otot.

Kata Kunci : *Postur Kerja, Karakteristik tenaga kerja, Muskuloskeletal, Home Industry Aksesoris*

Daftar Bacaan : Buku, e- Jurnal (1995-2023)

ABSTRACT

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THE INFLUENCE OF WORK POSTURE AND LABOR CHARACTERISTICS IN THE BEAD PRODUCTION ROOM ON MUSCULOSKELETAL

(Case Study in the Home Industry of Beads in Plumbon Gambang Village, Gudo District, Jombang Regency in 2023)

(xvi + 61 Page + 4 Images + 17 Tables + 12 Attachments)

Increasing industry in Indonesia raises several problems, one of which is Occupational Safety and health. According to BPJAMSOSTEK data, in 2022 work accidents in Indonesia reached 180 thousand people. This has an impact on employee performance and reduces posture. MSD complaints result from poor posture. The purpose of this study was to study the working posture and labor characteristics that have an impact on the musculoskeletal system in the bead production room.

This research is a cross-sectional observational analytic design. The study sample consisted of 32 respondents, from a population of 35 individuals, who were chosen at random. Data collection was conducted by observation, interview and assessment of Labor characteristics of musculoskeletal complaints with NBM questionnaire and LUBA technique. Furthermore, the correlation test kendal tau-b ($\alpha=0.05$) is used to describe the data that has been collected.

The results showed that 71.9% of workers aged > 35 years, 81.3% had a working life of more than 5 years, 78.1% worked for a period of 8 hours, 62.5% were classified as moderate smokers and 59.4% of workers had moderate musculoskeletal complaints. Correlation test results kendal tau-b there is a significant influence on musculoskeletal complaints in the workforce in the bead production room between working posture ($p = 0.036$), age ($p = 0.001$), and smoking habits ($p = 0.043$).

As a preventative measure against musculoskeletal issues, industrial owners can offer their staff rest places and regular medical checkups. Additionally, workers are encouraged to stay hydrated and warm up before and during work if they have any muscular soreness.

Keywords : *Work Posture, Workforce Characteristics, Musculoskeletal, Home Industry Accessories*

Reading List : Books, e-Journal (1995-2023)