

# **EFFECTS OF WORKING POSTURE, AGE, LENGTH AND WORKLOAD ON COMPLAINTS *MUSCULOSKELETAL DISORDERS* (MSDs) IN 2024**

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## **ABSTRACT**

Musculoskeletal disorders (MSDs) is an occupational illness that can interfere with work productivity. This MSDs can be influenced by work posture, age, length of work, and workload, so prevention needs to be done. This study aims to analyze the influence of work posture, age, length of time and workload on MSDs.

This research uses an analytical observational design and a cross-sectional technique. The participants in this study were all 43 workers. Data were collected through observation, interviews, and assessments of work posture, workload, and MSDs. Data were subsequently processed and analyzed statistically at alpha 5% (0.05).

The results showed that high MSDs are often experienced by workers with high and very high risk work postures amounting to 100%, age  $\geq 35$  years amounting to 84.6%, working hours  $\geq 8$  hours amounting to 80.4%, and moderate workload 100%.

Based on the research results, it was concluded that the MSDs of warehouse workers are significantly influenced by work posture ( $p = 0.010$ ), age ( $p = 0.042$ ), length of work ( $p = 0.017$ ), and workload ( $p = 0.004$ ). It is recommended that workers be aware of ensuring ergonomic attitudes when working, stretching before and between work hours, getting enough rest, eating healthy food and drinking enough water, and divide the workload when it's too heavy.

**Keywords** : Work posture, Age, Length of work, Workload, and *Musculoskeletal Disorders*

**Bibliography** : 40 (1 book, 35 journals, 4 regulations)

**PENGARUH POSTUR KERJA, UMUR, LAMA, DAN BEBAN KERJA  
TERHADAP KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs)  
TAHUN 2024**

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**ABSTRAK**

Gangguan *Musculoskeletal Disorders* (MSDs) salah satu penyakit akibat kerja yang dapat mengganggu produktivitas kerja. Gangguan MSDs ini dapat dipengaruhi oleh postur kerja, umur, lama kerja dan beban kerja sehingga perlu dilakukan pencegahan. Penelitian ini bertujuan untuk menganalisis pengaruh postur kerja, umur, lama dan beban kerja terhadap muskuloskeletal.

Desain penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross-sectional*. Besar sampel sebanyak 43 pekerja diambil secara random dari populasi sebanyak 48 pekerja. Data dikumpulkan melalui observasi, wawancara, penilaian postur kerja, beban kerja, dan penilaian MSDs. Selanjutnya, data diolah dan dianalisis secara statistik menggunakan alpha 5% (0,05).

Hasil penelitian menunjukkan bahwa 67,4% postur kerja kategori rendah, serta umur 55,8%  $\geq 35$  tahun, dengan lama kerja lebih dari 8 jam sebesar 95,3%, dan beban kerja 51,2% dalam kategori rendah, dan 51,2% dengan MSDs tinggi. MSDs banyak dialami oleh Pekerja dengan postur kerja risiko tinggi dan sangat tinggi sebesar 100%, umur  $\geq 35$  tahun sebesar 84,6%, lama kerja  $\geq 8$  jam sebesar 80,4% dan beban kerja sedang 100%.

Berdasarkan hasil penelitian disimpulkan bahwa MSDs pekerja di Pergudangan dipengaruhi secara signifikan oleh postur kerja ( $p = 0,010$ ), umur ( $p = 0,042$ ), lama kerja ( $p = 0,017$ ) dan beban kerja ( $p = 0,004$ ). Disarankan perlu adanya kesadaran pekerja untuk memastikan sikap ergonomis saat bekerja, melakukan pemanasan sebelum bekerja, peregangan otot di sela jam kerja serta istirahat yang cukup, makan makanan yang sehat dan minum air putih yang cukup, dan melakukan pembagian tugas bila beban dirasa terlalu berat.

**Kata Kunci:** Postur Kerja, Umur, Lama Kerja, Beba Kerja, dan *Musculoskeletal Disorders*

**Daftar Pustaka:** 40 (1 buku, 35 jurnal, 4 peraturan)

