

Hubungan gerakan berulang lengan atas dengan sindroma nyeri bahu pada pekerja elektronik PT X Kabupaten Bogor, 2005 = The relation of repetitive movement upper arm with Shoulder Pain Syndrome among electronic factory workers in PT "X" District of Bogor, 2005

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Abstrak

Pekerja bagian produksi di perusahaan elektronik bekerja dengan sistim ban berjalan sehingga banyak melakukan gerakan berulang lengan atas dalam menyelesaikan tugasnya. Gerakan berulang bila dilakukan secara terus menerus dan dengan frekuensi yang tinggi dapat menyebabkan timbulnya Work Related Musculoskeletal (WMSD), salah satunya adalah Sindroma Nyeri Bahu (SNB). Oleh karena itu dilakukan penelitian ini dengan tujuan mengetahui prevalensi serta faktor-faktor apa yang berhubungan dengan timbulnya SNB.

Metoda penelitian :

Desain. penelitian adalah kros sektional/potong lintang, dengan membandingkan prevalensi di bagian produksi dan quality control pada departemen produksi. Populasi adalah pekerja wanita. Didapatkan sampel sebesar 106 orang dari bagian produksi dan 48 orang dari bagian quality control. Pengumpulan data dilakukan antara bulan Maret sampai Juni 2005. Data diperoleh melalui wawancara dengan kuesioner, observasi dan pemeriksaan fisik, termasuk tes neurologi. Data suhu lingkungan kerja didapatkan dari data sekunder.

Basil penelitian :

Didapatkan prevalensi SNB sebesar 29,2 % untuk seluruh departemen produksi, dengan prevalensi di bagian produksi 36,8 % dan quality control 12,5 %. Faktor yang berhubungan dengan SNB adalah jenis pekerjaan, kebiasaan olah raga, riwayat pekerjaan, status reproduksi, jenis gerakan lengan was  $> 45^\circ$  dan jumlah gerakan berulang. Faktor jumlah gerakan berulang kategori tinggi ( $> 1.200$  gerakan/jam) merupakan faktor yang paling berperan dengan SNB (OR suaian = 3,749 ; 95 % CI 1,45-9,70)

Kesimpulan dan saran :

Prevalensi SNB di perusahaan ini sebesar 29,2 %. Gerakan berulang kategori tinggi berhubungan bermakna dengan SNB, sehingga perlu dilakukan rotasi kerja antara kedua bagian pekerja tersebut.

Workers in the production department of electronic factory have to work on conveyor line system which requires repetitive movement of upper arm with high frequencies for doing the job. Continuous repetitive movement will cause work related musculoskeletal disorder, one of them is Shoulder Pain Syndrome. This study was conducted to identify the association between Shoulder Pain Syndrome and other related factors.

Methodology :

The design of this study was cross sectional with comparison of two sites production department were production section and quality control section. The selected respondent were 106 workers from production section and 48 workers from quality control section. Data collection was conducted from March to June 2005. The data collection method used were guided interviews, observation and physical examination, including neurology test. Room temperature was obtained from secondary data.

### Results

The prevalence of Shoulder Pain Syndrome was 29,2 % in the production department, 36,8 % in production section and 12,5 % from quality control section. Several risk factor were related to Shoulder Pain Syndrome such as job description, sport activity, reproduction status, upper arm > 45 degree and frequency of repetitive movement. The determinant variable showed significant relationship with Shoulder Pain Syndrome is the frequency of repetitive movement (OR =3,749 ; 95 % CI =1,45-9,70)

### Conclusion and Recommendation :

Prevalence of Shoulder Pain Syndrome was found high among female electronic workers. It was concluded that high repetitive movement had a significant relationship with Shoulder Pain Syndrome, so that job rotation between these two sections is needed.</i>