Prevalensi Upper Extremities-Work Related Musculoskeletal Disorders (UE-WRMSDs) dan Hubungannya Dengan Faktor Biomekanika Kerja Berdasarkan Pengukuran Occupational Repetitive Action (OCRA) = Upper Extremities-Work Related Musculoskeletal Disorders (UE-WRMSDs) Prevalence and its relationship with Biomechanical Factors based on Occupational Repetitive Action (OCRA)

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Abstrak

[Latar Belakang. Prevalensi UE-WRMSDs pada populasi pekerja masih tinggi dan kondisi ini menyebabkan kerugian bagi pekerja atau perusahaan serta menurunkan produktivitas kerja. Aspek terpenting pengendalian UE-WRMSDs adalah deteksi dini risiko pajanan di tempat kerja dengan menggunakan metode OCRA sebagai salah satu instrumen penapisan risiko. Penelitian ini bertujuan melihat hubungan antara faktor individu pekerja, faktor lingkungan kerja, faktor biomekanika kerja berbasis OCRA dengan kejadian UE-WRMSDs pada kelompok pekerja pengrajin logam informal.
Metode. Penelitian ini menggunakan disain potong lintang dan dilaksanakan pada Maret – Juni 2014 terhadap pengrajin logam informal Citeureup-Kabupaten Bogor. Pengumpulan data menggunakan kuesioner yang meliputi karakteristik sosiodemografi, analisis rekaman proses kerja dengan metode OCRA, pengukuran bising ambien dengan Sound Level Meter, pengukuran vibrasi segmental dengan Accelerometer serta stresor kerja dengan Survey Diagnosis Stres.
Hasil. Prevalensi UE-WRMSDs pada pengrajin logam informal sebesar 59.1%. Faktor pajanan di tempat kerja yang berisiko terhadap kejadian UE-WRMSDs adalah pajanan vibrasi segmental instrumen kerja (OR 5.79, 95% CI 1.14-29.49). Tidak didapatkan hubungan bermakna antara kejadian UE-WRMSDs dengan usia, IMT, kebiasaan aktivitas fisik, kebisingan ambien, kebiasaan merokok, skor indeks OCRA dan stresor kerja.
Simpulan dan Saran. Penanggulangan UE-WRMSDs ditentukan melalui deteksi dini, tatalaksana yang tepat dan kesadaran pekerja untuk segera berobat saat mengalami keluhan. Diperlukan suatu analisis menyeluruh selama waktu kerja menggunakan instrumen OCRA terhadap jenis pekerjaan yang bervariasi untuk hasil yang lebih akurat. , Background. UE-WRMSDs prevalence of working population is quite high and this condition causes harm to workers or the company as well as decreasing productivity. The most important aspect of UE-WRMSDs management is early detection of risk exposure in the workplace by using OCRA as risk screening instrument. This study examines the relationship between worker’s individual factors, working environment factors and biomechanical factors with UE-WRMSDs incidence of the metalworkers informal groups.
Method. This study used a cross-sectional design involving metalworkers informal groups in Citeureup-Bogor from March - June 2014. Data is collected using questionnaire included sociodemographic characteristics, analysis of recorded-working process with OCRA method. Measurements of ambient noise, segmental vibration and work stressors were using Sound Level Meter, accelerometer and Stress Diagnosis Survey questionnaire respectively.
Result. UE-WRMSDs prevalence on metal workers informal groups is 59.1%. The risk of workplace

exposure for UE-WRMSDs is segmental vibration exposure of working instrument (OR 5.79, 95% CI 1.14-29.49). There were no statistically significant results between the incidence of the UE-WRMSDs with age, BMI, physical activity habits, ambient noise, smoking habits, OCRA index score and work stressors. Conlusion and Recommendation. Management of UE-WRMSDs is determined through early detection and worker’s awareness to seek proper medical treatment immediately when experiencing complaints. Complete analysis of working process for various type of work using OCRA instrument are required for obtaining more accurate results.]