

Gambaran risiko ergonomi terhadap timbulnya keluhan Musculoskeletal Disorders (MSDs) akibat penggunaan laptop pada mahasiswa S1 reguler FKM UI tahun 2015 = Overview of ergonomiy risk towards the occurrence of Musculoskeletal Disorders (MSDs) as the effect of laptop usage in students of FKM UI in 2015

Jayadi Pide, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20411932&lokasi=lokal>

Abstrak

Mahasiswa yang menggunakan laptop memiliki risiko terkenan keluhan Musculoskeletal Disorders (MSDs). Penelitian ini menggambarkan risiko ergonomi yang dapat menyebabkan MSDs pada Mahasiswa S1 Reguler FKM UI Tahun 2015 akibat penggunaan laptop. Penilaian tingkat risiko dilihat dari posisi menggunakan laptop dengan menggunakan metode REBA. Faktor keluhan dilihat dari postur tubuh, faktor individu, dan faktor aktivitas dan lingkungan. Penelitian ini menilai keluhan MSDs menggunakan kuesioner dengan jumlah responden 100 orang. Penelitian ini bersifat deskriptif dengan pendekatan cross sectional. Hasil penelitian ini menunjukkan postur janggal yang sering dilakukan mahasiswa yaitu duduk di kursi dengan laptop diletakkan di meja, tingkat risiko tertinggi pada posisi duduk di lantai dengan laptop diletakkan di lantai, jenis keluhan tersering pada leher (96%) dan paling banyak pegal pada punggung bagian bawah (72,83%), 100% mahasiswa menggunakan laptop lebih dari 1 jam perhari dan 98% lebih dari 2 hari perminggu, Tingkat keluhan ringan terbesar 80,77%, sedang 40,63%, parah 2,30%, dan sangat parah 1,28%. Tingkat risiko dapat diturunkan dengan mengatur posisi tubuh, tempat kerja, dan berristirahat sejenak dengan melakukan peregangan otot.

.....The students who used laptop has the risk of suffering from subjective complaint of Musculoskeletal Disorders (MSDs). This study aims to describe the ergonomiy risk which can caused MSDs among students of S1 Reguler FKM UI in 2015 as the effect of laptop usage. The scoring of risk level was seen from the position of laptop usage using REBA method. The complaint factor was described from body posture as well as individual, activites, and environmental factors. This study scored MSDs complaint using questionnaire with the total of 100 respondents. This study is descriptive using cross sectional method. The results obtained showed that inappropriate posture that often happened among students were sitting on the chair with their laptop on the table, the highest risk was the position of student who was sitting on the floor with their laptop also on the floor, type of complaints that often occured was the pain on the neck (96%) and stiff muscle that often occured on the lower part of the back (72,83%), 100% of the students use laptop more than an hour per day and 98% use it more than 2 hours per week. The level of complaint showed that the mild one was 80,77%, moderate 40,63%, bad 2,30%, and severe 1,28%. The level of risk can be reduced by adjusting body position, workplace, and resting for a while by doing muscle stretching.