

# Analisis risiko ergonomi dan keluhan gejala musculoskeletal disorders pada pekerja cleaning service di Fakultas Kesehatan Masyarakat Universitas Indonesia tahun 2016 = Ergonomics risk analysis and complaints symptoms of musculoskeletal disorders in cleaning service Faculty of Public Health University of Indonesia 2016

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## Abstrak

Tujuan penelitian ini adalah untuk mengetahui risiko ergonomi pekerjaan cleaning service yang dilakukan dan keluhan MSDs pada pekerjaan cleaning service di Fakultas Kesehatan Masyarakat Universitas Indonesia. Penelitian ini merupakan penelitian deskriptif observasional dengan pendekatan cross sectional. Penelitian ini dilakukan pada 38 orang petugas cleaning service. Tingkat risiko ergonomi per bagian tubuh terkait postur, beban, durasi dan frekuensi dinilai menggunakan REBA serta tingkat keluhan MSDs per bagian tubuh yang dirasakan oleh pekerja menggunakan kuesioner Nordic Body Map.

Hasil analisis risiko ergonomi dengan metode REBA terhadap tahapan pekerjaan cleaning service memiliki tingkat risiko ergonomi paling tinggi pada tahapan menyiapkan peralatan kebersihan, membersihkan kloset, menyikat lantai, memotong rumput dan menanam tanaman. Hasil kuesioner Nordic Body Map, paling banyak merasakan bahu kanan (39%), betis kanan (39%), bahu kiri (34%), betis kiri (32%) dan pinggang bagian bawah (24%). Distribusi keluhan MSDs berdasarkan umur paling banyak pada pekerja umur >25 tahun, berdasarkan jenis kelamin paling banyak pada laki-laki, berdasarkan masa kerja paling banyak pada pekerja dengan masa kerja >1 tahun, berdasarkan perilaku merokok paling banyak yang merokok, berdasarkan IMT paling banyak IMT Normal, dan pekerja yang terpapar getaran 67% mengalami keluhan MSDs.

.....The purpose of this study was to determine the risk of cleaning service with MSDs in Faculty of Public Health Universitas Indonesia. This was an observational study with cross sectional approach study. The population amounting to 38 people. The level of ergonomics risk related to the body posture, weight, duration and frequency using REBA tool, and the level of MSDs complaints that is felt by workers per part of the body using Nordic Body Map questionnaire. The highest ergonomics risk analysis results using the method of REBA according to the stages are setting up the equipment, cleaning closets, scrubbing floors, cutting grass and planting.

Nordic Body Map Questionnaire results about MSDs complaints were many who complained on the right shoulder (39%), right calf (39%) left shoulder (34%), left calf (32%) and waist (24%) . Distribution of MSDs based on age mostly occur on workers aged >25, based on sex mostly occur on male workers, based on working experience mostly occur on workers which has been worked for >1 years, based on smoking habit mostly occur in smoker, based on Body Mass Index (BMI) mostly occur in worker with normal BMI, and workers who exposed by the vibration, 67 % having MSDs complaint.