

## Analisa keluhan musculoskeletal discomfort pada pekerja kantor di kantor PT. X Jakarta tahun 2017 = Analysis musculoskeletal discomfort of office workers at PT. X Jakarta year 2017

Nono Haryono, author

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### Abstrak

Penelitian bertujuan memperoleh gambaran dan hubungan faktor-faktor risiko individu dan pekerjaan terhadap keluhan muskuloskeletal disorder pada pekerja kantor PT. X Jakarta. Metode yang digunakan cross-sectional dengan menggunakan data sekunder hasil medical check up data dan perangkat lunak RSIGuard untuk 607 pekerja. Dari 607 pekerja terdapat 292 orang (48, 1%) mengalami keluhan musculoskeletal discomfort.

Hasil uji bivariate menunjukkan hubungan signifikan ( $p < 0,005$ ) antara faktor individu (tinggi badan, berat badan, olahraga, jenis kelamin dan temuan masalah musculoskeletal pada MCU), dan faktor risiko pekerjaan (self-assessment risk, overall risk level, average daily mouse use, break time taken dan average strain from mouse use) dengan discomfort.

Hasil uji multivariate menunjukkan jenis kelamin, temuan masalah musculoskeletal MCU, self-assessment dan overall assessment merupakan faktor-faktor yang memiliki hubungan kuat dan dapat mempengaruhi keluhan musculoskeletal discomfort. Saran-saran ditujukan untuk mencegah discomfort dan work related musculoskeletal disorder melalui prinsip-prinsip ergonomik.

.....The objective of this study are to describe profile and relationship between individual and occupational risks factors with musculoskeletal discomfort in office workers of PT. X Jakarta. This is cross-sectional using secondary data of medical check up (MCU) and RSIGuard software for 607 workers. There are 272 of 607 workers (48.1%) complained musculoskeletal discomfort based on self-asesment result.

Based on bivariate test results a significant ( $p < 0.005$ ) for individual factors (height, weight, exercise, sex and medical finding during MCU), and occupational risk factors from computer usages (self assessment risk, overall risk level, average daily mouse use, break time taken and average strain of mouse use).

The final model of multivariate test results a significant correlation of gender, findings of musculoskeletal problems, self-assessment and overall assessment with musculoskeletal discomfort complaints. Suggestions addressed to reduce occupational factors to prevent discomfort and work-related musculoskeletal disorder through ergonomic principals.