

# Kajian Risiko Ergonomi Terhadap Keluhan Muskuloskeletal Pada Pekerja Konstruksi di Perusahaan Minyak Dan Gas Bumi PT ABC = Ergonomic Risk Study of Musculoskeletal Disorder Symptoms among Construction Workers in Oil & Gas Company PT ABC

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## Abstrak

Para pekerja divisi konstruksi di perusahaan minyak dan gas bumi PT ABC merupakan populasi yang memiliki risiko ergonomi terhadap keluhan muskuloskeletal yang disebabkan oleh kondisi aktifitas kerjanya. Penelitian ini dilakukan untuk menilai risiko ergonomi dari postur tubuh yang dibentuk pekerja konstruksi saat bekerja dengan menggunakan metode REBA (Rapid Entire Body Assessment) dan untuk menganalisa keluhan muskuloskeletal dengan faktor – faktor yang mempengaruhinya yaitu faktor individual (usia, BMI, kebiasaan merokok, rutinitas berolahraga), faktor fisik (bekerja dengan posisi duduk, bekerja dengan posisi jongkok, bekerja dengan postur tubuh bending, bekerja dengan postur tubuh bending & twisting, penanganan beban manual 6 – 15kg, 16 – 25kg dan >25kg) serta faktor psikososial (decision latitude, phsycological job demand, workplace social support & physical job demand). Penelitian dilakukan terhadap 65 responden yang terdiri dari 18 orang welder, 11 orang pipe fitter, 14 orang helper, 15 orang scaffolder dan 7 orang fire watcher. Hasil penelitian menunjukkan bahwa berdasarkan skor penilaian REBA posisi jabatan yang paling berisiko secara ergonomi yaitu welder (10), scaffolder (9), helper (8), pipe fitter (7) dan fire watcher (3). Berdasarkan analisa chi square diketahui terdapat hubungan yang signifikan ( $p < 0.05$ ) antara sebagian besar faktor individual, faktor fisik dan faktor individual dengan munculnya keluhan MSDs pada pekerja konstruksi di PT ABC. Kata Kunci : Pekerja konstruksi, REBA, keluhan muskuloskeletal, faktor individual, faktor fisik, faktor psikososial.

.....The workers in construction division in oil & gas company PT ABC are the populations who have ergonomic risk to MSDs symptoms due to their work condition. This research was conducted to assess ergonomic risk of body postures that made by construction workers during their works by using REBA (Rapid Entire Body Assessment) method and also to analyze MSDs symptoms with its involved factors, they are individual factors (age, BMI, smoking habit, sport/exercise habit), physical factors (working in sitting position, working in squatting position, working with bending posture, working with bending & twisting postures, manual handling 6 – 15kg, 16 – 25kg and > 25kg) and also psychosocial factors (decision latitude, physiological job demand, workplace social support, physical job demand). This research was conducted to 65 respondents that consist of 18 welders, 11 pipe fitters, 14 helpers, 15 scaffolders and 7 fire watchers. The research result shown that the most ergonomic risk work position based on REBA score sequentially are welder (10), scaffolder (9), helper (8), pipe fitter (7) and fire watcher (3). Based on chi square analysis know that there is significant association ( $p < 0.05$ ) between the most individual factors, physical factors and also psychosocial factors with MSDs symptoms occurrence among construction workers in PT ABC. Key Word: Construction Workers, REBA, MSDs Symptoms, individual factors, physical factors, psychosocial factors