

## Analisis Risiko Ergonomi Postur Kerja dan Gangguan Muskuloskeletal pada Perawat di Rumah Sakit X Provinsi Sumatera Barat = Ergonomic Risk Analysis of Working Postures and Musculoskeletal Disorders in Nurses in Hospital X, West Sumatra Province

Syafri Enta, author

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### Abstrak

Risiko ergonomi terkait postur kerja selama beraktivitas merupakan kesalahan ergonomi yang sering ditemui pada perawat di rumah sakit. Sebagian besar pekerjaan perawat dilakukan dalam posisi berdiri atau membungkuk, dan jarang dilakukan dalam posisi duduk. Kegiatan tersebut jika dilakukan dalam postur kerja yang tidak tepat dapat menyebabkan gangguan muskuloskeletal. Penelitian ini bertujuan untuk mengetahui hubungan risiko ergonomi postur kerja dengan gangguan muskuloskeletal. Desain penelitiannya observasional analitik dengan pendekatan cross sectional menggunakan Formulir observasi Rapid Entire Body Assessment (REBA) untuk menilai tingkat risiko ergonomi postur kerja dan Kuesioner Nordic Body Map (NBM) untuk mengevaluasi keluhan gangguan muskuloskeletal pada perawat yang melibatkan 76 perawat. Analisa data menggunakan analisis deskriptif, uji Chi Square dan regresi logistik. Hasil penelitian menunjukkan mayoritas perawat berjenis kelamin perempuan (67,1%), tingkat pendidikan DIII keperawatan (46,1%), dengan indeks masa tubuh normal (46,1%), dan sebesar (55,3%) bekerja di rawat inap. Usia termuda perawat 23 tahun dan usia tertua 58 tahun, serta masa kerja perawat paling singkat 1 tahun dan paling lama 36 tahun. Terdapat hubungan yang signifikan antara postur kerja perawat dengan gangguan muskuloskeletal ( $p=0,000$ ) dan unit kerja dengan gangguan muskuloskeletal ( $p=0,001$ ). Perlunya perawat memahami postur kerja yang berisiko terhadap gangguan muskuloskeletal dan dapat menerapkan postur kerja yang baik selama memberikan asuhan keperawatan untuk mencegah gangguan muskuloskeletal.

.....The ergonomic risk of working posture during activities is an ergonomic error that is often encountered by nurses in hospitals. Most nursing work is done in a standing or bent position, and rarely in a sitting position. If these activities are carried out in an inappropriate working posture, they can cause musculoskeletal disorders. This study aims to determine the relationship between ergonomic risk of work posture and musculoskeletal disorders. The research design was analytical observational with a cross sectional approach using the Rapid Entire Body Assessment (REBA) observation form to assess the level of ergonomic risk of work postures and the Nordic Body Map (NBM) Questionnaire to evaluate complaints of musculoskeletal disorders in nurses involving 76 nurses. Data analysis used descriptive analysis, Chi Square test and logistic regression. The results showed that the majority of nurses were female (67.1%), had a DIII nursing education level (46.1%), had a normal body mass index (46.1%), and (55.3%) worked in inpatient settings. . The youngest nurse is 23 years old and the oldest is 58 years old, and the nurse's working period is at least 1 year and the longest is 36 years. There is a significant relationship between nurses' work posture and musculoskeletal disorders ( $p=0.000$ ) and work units and musculoskeletal disorders ( $p=0.001$ ). It is necessary for nurses to understand work postures that are at risk of experiencing musculoskeletal disorders and apply good work postures to prevent musculoskeletal disorders.