

# Penilaian risiko pekerjaan penatu dan pekerja kebersihan kamar serta hubungannya dengan keluhan gejala musculoskeletal disorders (MSDs) di Crowne Plaza Hotel Jakarta pada tahun 2015 = Risk analysis of laundry workers and room attendant in relation with musculoskeletal disorders (MSDs) symptoms at Crowne Plaza Hotel Jakarta in 2015

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## Abstrak

Aktivitas pekerjaan penatu dan pekerja kebersihan kamar memiliki risiko Musculoskeletal Disorders (MSDs) terkait dengan postur janggal dalam durasi lama, gerakan berulang, dan rutin dilakukan setiap hari. Penelitian ini dilakukan untuk menilai risiko pekerjaan menggunakan metode Rapid Entire Body Assessment (REBA) dan keluhan gejala Musculoskeletal Disorders (MSDs) menggunakan Nordic Body Map. Hasil dari penilaian REBA pada penatu terdapat 13 pekerjaan berisiko sedang, 2 pekerjaan berisiko tinggi, dan 1 pekerjaan berisiko sangat tinggi. Pada pekerja kebersihan kamar terdapat 2 pekerjaan berisiko sedang, 3 pekerjaan berisiko tinggi, dan 1 pekerjaan berisiko sangat tinggi.

Hasil kuesioner Nordic Body Map keluhan gejala MSDs yang paling banyak dirasakan penatu pada bahu kiri dan bahu kanan. Sedangkan pada pekerja kebersihan kamar keluhan gejala yang paling banyak dirasakan pada pinggang, betis kiri, dan betis kanan. Keluhan gejala MSDs yang paling banyak dirasakan adalah pegal-pegal, sakit (nyeri), kejang (kram). Selain postur kerja, karakteristik individu pekerja juga memperberat keluhan gejala MSDs seperti usia, jenis kelamin, aktivitas fisik, dan Indeks Massa Tubuh (IMT). Sebagian besar aktivitas kerja memiliki tingkat risiko keluhan gejala MSDs sehingga diperlukan segera tindakan perbaikan sistem kerja.

.....Laundry workers and room attendant activities have Musculoskeletal Disorders risk in association with awkward posture in long duration, repetitive movements, and routine activity. The study was conducted to assess the working risk by using Rapid Entire Body Assessment (REBA) and Musculoskeletal Disorders symptoms by using Nordic Body Map. The REBA result shows there are 13 laundry worker?s activities with medium risk, 2 activities with high risk, and 1 activity with very high risk. For room attendant group, there are 2 activities with medium risk, 3 activities with high risk, and 1 activity with very high risk.

The Nordic Body Map questionnaire result shows the most perceived Musculoskeletal Disorders symptom by the laundry workers are the symptoms that felt on right and left shoulder. For the room attendant group the most perceived Musculoskeletal Disorders symptoms are the symptoms that felt on waist, right and left calf. The most felt Musculoskeletal Disorders symptoms that felt by the workers are aches, pain, and cramps. Besides of the working posture, the worker?s individual characteristics aggravate the MSDs symptoms like age, sex, physical activity, and Body Mass Index (BMI). Most of activities have their own MSDs symptoms level of risk that required corrective action for the design of the workplace.