

PENGARUH PENGGUNAAN KURSI DAN MEJA KERJA ERGONOMIS DALAM
MENURUNKAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDS) PADA
PEKERJA RUMAH POTONG AYAM TRADISIONAL DI KAPANEWON SLEMAN

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INTISARI

Latar Belakang: Kurangnya penerapan prinsip ergonomis menyebabkan keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja, menurunkan produktivitas dan kualitas hidup. Banyak pekerja, termasuk di rumah potong ayam, mengalami nyeri *musculoskeletal* akibat desain kursi yang tidak ergonomis.

Tujuan: Mengetahui pengaruh penggunaan kursi ergonomi kerja dalam menurunkan keluhan MSDs pada pekerja Rumah Potong Ayam (RPA) tradisional bagian memotong dan membersihkan daging ayam di Kapanewon Sleman.

Metode: Jenis penelitian yang dilakukan adalah *Randomized Controlled Trial* (RCT) dengan desain penelitian “*Pre Test-Post Test With Control Group Design*”. Penelitian ini dilakukan pada bulan Mei 2024-September 2024 dengan jumlah responden sebanyak 30 pekerja yang terdiri dari 15 responden kelompok kontrol dan 15 responden kelompok eksperimen dan menggunakan kursi ergonomi kerja serta mejanya selama 6 hari.

Hasil: Rata-rata skor Pre Test Nordic Body Map (NBM) untuk kelompok kontrol adalah 36,73, yang menunjukkan risiko rendah. Setelah pengujian, skor Post Test meningkat menjadi 38,06, tetap dalam kategori risiko rendah. Selisih antara Pre Test dan Post Test kelompok kontrol adalah -4%, menunjukkan peningkatan keluhan MSDs. Sebaliknya, kelompok eksperimen yang menggunakan kursi ergonomi kerja memiliki skor Pre Test 33,33 (risiko rendah) dan skor Post Test 30,45 (juga risiko rendah). Selisih antara Pre Test dan Post Test kelompok eksperimen adalah 8%, menunjukkan penurunan keluhan MSDs.

Kesimpulan: Hasil penelitian ini menunjukkan bahwa adanya penurunan keluhan MSDs pada pekerja setelah menggunakan kursi ergonomi kerja.

Kata Kunci: Rumah Potong Ayam, Kursi Ergonomi, pekerja, *Musculoskeletal Disorders*

THE EFFECT OF USE OF ERGONOMIC CHAIRS AND WORK DESK
IN REDUCING MUSCULOSKELETAL DISORDERS (MSDS)
COMPLAINTS IN TRADITIONAL CHICKEN ABATTOIR WORKERS
IN KAPANEWON SLEMAN

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ABSTRACT

Background: Lack of application of ergonomic principles causes complaints of Musculoskeletal Disorders (MSDs) in workers, reducing productivity and quality of life. Many workers, including those in chicken abattoir, experience musculoskeletal pain due to unergonomic chair designs.

Objective: To determine the effect of using ergonomic work chairs in reducing MSDs complaints in traditional chicken abattoir workers in the chicken cutting and cleaning section in Sleman Regency.

Method: The type of research carried out was Randomized Controlled Trial (RCT) with the research design "Pre Test-Post Test With Control Group Design. This research was conducted in May 2024-September 2024 with a total of 30 respondents consisting of 15 control group respondents and 15 experimental group respondents who used ergonomic work chairs and desks for 6 days.

Results: The average Pre Test Nordic Body Map (NBM) score for the control group was 36.73, indicating low risk. After testing, the Post Test score increased to 38.06, remaining in the low risk category. The difference between the Pre Test and Post Test of the control group was -4%, indicating an increase in MSDs complaints. In contrast, the experimental group that used ergonomic work chairs had a Pre Test score of 33.33 (low risk) and a Post Test score of 30.45 (also low risk). The difference between the Pre Test and Post Test of the experimental group was 8%, indicating a decrease in MSDs complaints.

Conclusion: The results of this study indicate that there is a decrease in MSDs complaints among workers after using ergonomic work chairs.

Keywords: Chicken Abattoir, Work Chair Ergonomics, Musculoskeletal Disorders