

GAMBARAN SIKAP KERJA DAN KELUHAN *MUSCULOSKELETAL DISORDERS* PADA PEKERJA PEMBUATAN GENTENG DI DUSUN KLACI MARGOLUWIH SEYEGAN SLEMAN

INTISARI

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Dusun Klaci merupakan salah satu dusun yang tergabung ke dalam sentra genteng di Desa Margoluwihi, Sleman. Pekerjaan pembuatan genteng yang selalu menggunakan aktivitas fisik atau membutuhkan tenaga saat bekerja berisiko menyebabkan gangguan otot skeletal serta nyeri di bagian otot. Sikap kerja yang berisiko dan gerakan yang berulang saat pembuatan genteng membuat pekerja berisiko mengalami keluhan *muskuloskeletal disorders* (MSDs). Penelitian ini bertujuan untuk mengetahui sikap kerja dan keluhan *muskuloskeletal disorders* pada pekerja pembuatan genteng di Dusun Klaci, Margoluwihi, Seyegan, Sleman.

Metode yang digunakan adalah deskriptif dengan teknik pengambilan sampel secara total sampling dari populasi yaitu seluruh pekerja pembuatan genteng di Dusun Klaci, Margoluwihi, Seyegan, Sleman sejumlah 61 orang pekerja. Penilaian sikap kerja menggunakan lembar penilaian *Rapid Entire Body Assesment* (REBA) dan untuk keluhan *muskuloskeletal disorders* yang dialami pekerja menggunakan kuesioner *Nordic Body Map* (NBM).

Hasil penelitian menunjukkan sikap kerja dengan tingkat risiko tinggi sebesar 9,8% dan sangat tinggi sebanyak 90,2%. Sedangkan keluhan *muskuloskeletal disorders* tingkat risiko tinggi sebanyak 8,2% dan sangat tinggi sebanyak 91,8%. Ada hubungan antara risiko sikap kerja dengan risiko keluhan *muskuloskeletal disorders* memiliki nilai *p value* 0,000. Ada hubungan antara umur dengan risiko keluhan *muskuloskeletal disorders* memiliki nilai *p value* 0,001. Ada hubungan antara masa kerja dengan risiko keluhan *muskuloskeletal disorders* memiliki nilai *p value* 0,043. Tidak ada hubungan antara jenis kelamin, kebiasaan merokok dan kesegaran jasmani. Pekerja pembuatan genteng disarankan untuk melakukan peregangan pada waktu istirahat saat pembuatan genteng agar dapat mengurangi risiko keluhan *muskuloskeletal disorders*.

Kata Kunci: Sikap Kerja, Keluhan *Musculoskeletal Disorders*, REBA, *Nordic Body Map*

**Description of Work Attitudes and Musculoskeletal Disorders in Roof Tile Workers In
The Village of Klaci Margoluwih Seyegan Sleman**

ABSTRACT

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Klaci village is one of the villages that incorporated into roof tile center in the Margoluwih Seyegan Sleman. Work as roof tile maker at always use physical activities is at risk of getting Musculoskeletal Disorders and muscle pain. It is because the work related with risky work posture as well as repetitive movement. The study was aimed to know the working attitude and musculoskeletal disorders complaints on roof tile making workers in the Klaci village, Margoluwih, Seyegan, Sleman.

The method used is descriptive with a total sampling technique of the population, which is all the workers of the tile making in the Klaci Village, Margoluwih, Seyegan, Sleman a number of 61 peoples. The assessment of work attitudes was using Rapid Entire Body Assessment (REBA) scoring sheet and for recording the complaint of Musculoskeletal Disorders, the Nordic Body Map was used.

The result of the study indicated that the risk of work attitudes is high rate of 9,8% an very high as much as 90,2 Meanwhile, the high risk degree of musculoskeletal disorders is 8.2% and very high as much as 91.8%. There is a relationship between the risk of working attitude with the risk of musculoskeletal disorders having a value of p value 0.000. There is a relationship between age and risk of musculoskeletal disorders having a value of p value 0.001. There is a relationship between the working period and the risk of musculoskeletal disorders having a p value of 0.043. There is no relationship between gender, smoking habit and physical freshness. Tile-making workers are advised to stretch at rest time during tile manufacturing in order to reduce the risk of musculoskeletal disorders complaints.

Keywords : Work Attitudes, Musculoskeletal Complaint, REBA, Nordic Body Map