

*THE EFFECT OF COUNSELING WITH ERGONOMIC CHAIR MEDIA ON THE
KNOWLEDGE OF ATTITUDES AND PRACTICES OF BATIK WORKERS IN
CIREBON*

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ABSTRACT

Background: *Written batik workers in Indonesia, including in the Katura Cirebon Batik Industry, often experience complaints of back pain due to unergonomic posture and the use of inappropriate work chairs. Counseling based on ergonomic chair media is seen as a potential intervention to improve workers' knowledge, attitudes, and practices in applying ergonomic principles.*

Objective: *To determine the effect of counseling with ergonomic chair media on improving knowledge, attitudes, work practices, and the risk of back pain complaints in Batik Katura Cirebon workers.*

Methods: *This study was a quasi-experiment with a pretest-posttest with control group design. The sample consisted of 60 batik workers who were randomly divided into a control group and an experimental group of 30 people each. The experimental group received counseling as well as ergonomic chair interventions for one month, while the control group only received counseling without the use of an ergonomic chair. Data was collected through questionnaires and observation sheets, and analyzed using the Wilcoxon Signed Rank Test.*

Results: *There was a significant increase in the level of knowledge, positive attitudes, and ergonomic work practices in the experimental group after the intervention. The risk of back pain complaints was also significantly reduced in the experimental group ($p < 0.05$).*

Conclusion: *Counseling with ergonomic chair media is effective in improving knowledge, attitudes, and work practices and reducing the risk of back pain complaints in batik workers. This intervention can be a promotive and preventive effort in controlling ergonomic risks in the MSME sector.*

Keywords: *counseling, ergonomic chairs, ergonomics, back pain, batik workers.*

PENGARUH PENYULUHAN DENGAN MEDIA KURSI ERGONOMIS TERHADAP PENGETAHUAN SIKAP DAN PRAKTIK PEKERJA BATIK KATURA CIREBON

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INTISARI

Latar Belakang: Pekerja batik tulis di Indonesia, termasuk di Industri Batik Katura Cirebon, kerap mengalami keluhan nyeri punggung akibat postur kerja yang tidak ergonomis dan penggunaan kursi kerja yang tidak sesuai. Penyuluhan berbasis media kursi ergonomis dipandang sebagai intervensi potensial untuk meningkatkan pengetahuan, sikap, dan praktik pekerja dalam menerapkan prinsip ergonomi.

Tujuan: Mengetahui pengaruh penyuluhan dengan media kursi ergonomis terhadap peningkatan pengetahuan, sikap, praktik kerja, serta risiko keluhan nyeri punggung pada pekerja Batik Katura Cirebon.

Metode: Penelitian ini merupakan kuasi-eksperimen dengan desain *pretest-posttest with control group*. Sampel terdiri dari 60 pekerja batik yang dibagi secara acak menjadi kelompok kontrol dan kelompok eksperimen masing-masing 30 orang. Kelompok eksperimen menerima penyuluhan serta intervensi kursi ergonomis selama satu bulan, sementara kelompok kontrol hanya menerima penyuluhan tanpa penggunaan kursi ergonomis. Data dikumpulkan melalui kuesioner dan lembar observasi, serta dianalisis menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil: Terdapat peningkatan signifikan pada tingkat pengetahuan, sikap positif, dan praktik kerja ergonomis pada kelompok eksperimen setelah intervensi. Risiko keluhan nyeri punggung juga menurun secara bermakna pada kelompok eksperimen ($p < 0,05$).

Kesimpulan: Penyuluhan dengan media kursi ergonomis efektif dalam meningkatkan pengetahuan, sikap, dan praktik kerja serta menurunkan risiko keluhan nyeri punggung pada pekerja batik. Intervensi ini dapat menjadi upaya promotif dan preventif dalam pengendalian risiko ergonomi di sektor UMKM.

Kata Kunci: penyuluhan, kursi ergonomis, ergonomi, nyeri punggung, pekerja batik.