

Analisis Faktor Risiko Ergonomi Terhadap Keluhan Gejala Musculoskeletal Disorders (MSDS) Pada Cleaning Service di Asrama Mahasiswa Universitas Indonesia Tahun 2018

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Abstrak

Pekerjaan cleaning service seperti mengangkat, membungkuk, gerakan memutar pada saat memindahkan barang dari sisi ke sisi lainnya dan menunduk saat bekerja dapat menimbulkan keluhan MSDs. Penelitian ini dilakukan untuk melihat hubungan antara faktor risiko individu, faktor risiko pekerjaan, dan faktor lingkungan terhadap keluhan gejala musculoskeletal disorders pada pekerja cleaning service di Asrama Mahasiswa Universitas Indonesia. Jenis penelitian yang dilakukan adalah studi deskriptif observasional dengan menggunakan metode QEC (Quick Exposure Checklist) dan Nordic Body Questionnaire (NBM), serta pengukuran faktor lingkungan menggunakan lux meter dan WGBT Meter. Hasil penelitian menunjukkan bahwa sebanyak 27 responden (84,4%) mengaku adanya keluhan subyektif musuloskeletal disorders. Faktor pencahayaan yang kurang kemungkinan menjadi risiko tingginya keluhan gejala musculoskeletal disorders. Hasil analisis QEC menunjukkan bahwa aktifitas pekerjaan termasuk risiko rendah hingga tinggi.
Kata kunci: cleaning service, ergonomi, musculoskeletal disorders, risiko
Cleaning service work such as lifting, bending, twisting movements at the time of moving things from side to side and looked down when the work may give rise to complaints of MSDs. This research was conducted to look at the relationship between the individual risk factors, risk factors, and environmental factors work against complaints of symptoms of musculoskeletal disorders in cleaning service workers in student dormitories of the University of Indonesia. The type of research that is a descriptive observational study by using the method of QEC (Quick Exposure Checklist) and Nordic Body Questionnaire (NBM), as well as the measurement of environmental factors using a lux meter and WGBT meters. The results showed that as many as 27 respondents (84.4%) admitted to the existence of a subjective complaint of musuloskeletal disorders. Lighting is less likely to factor into a risk high complaints of symptoms of musculoskeletal disorders. The results of the QEC analysis show that the work activity including low risk to high.
Key words: cleaning service, ergonomics, musculoskeletal disorders, risk