

Hubungan Faktor Risiko Manual Material Handling (Mmh) dengan Keluhan Subjektif Musculoskeletal Symptoms (Mss) pada Pekerja di Departemen Produksi Textile Chemical PT. X Tahun 2020

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Abstrak

Skripsi ini berisi tentang hubungan faktor risiko manual material handling (MMH) dengan keluhan subjektif musculoskeletal symptoms (MSS) pada pekerja di Departemen Produksi Textile Chemical PT. X tahun 2020. Pada penelitian ini, observasi faktor risiko manual material handling (MMH) menggunakan kuesioner dan metode Quick Exposure Checklist (QEC). Selain itu, untuk mengetahui keluhan terhadap musculoskeletal symptoms (MSS) peneliti menggunakan Nordic Body Map (NBM) Questionnaire. Desain studi merupakan studi cross sectional dengan pendekatan observasional. Analisis yang digunakan dalam penelitian ini adalah analisis univariat dan bivariat. Analisis univariat digunakan untuk memberikan gambaran dari masing-masing faktor risiko manual material handling. Sedangkan analisis bivariat digunakan untuk melihat hubungan antara faktor risiko individu (usia, masa kerja, indeks massa tubuh, kebiasaan olahraga, dan stress) dan faktor risiko pekerjaan (berat objek, durasi kerja, dan postur kerja) dengan keluhan musculoskeletal symptoms (MSS) yang dirasakan oleh pekerja di Departemen Produksi Textile Chemical PT. X Tahun 2020. Hasil penelitian ini didapatkan bahwa terdapat hubungan antara indeks massa tubuh (IMT) dengan keluhan musculoskeletal symptoms (MSS) yang dirasakan pekerja (p value = 0,040). Selain itu, terdapat hubungan antara stress kerja dengan keluhan musculoskeletal symptoms (MSS) yang dirasakan pekerja (p value = 0,044).

This thesis contains the relationship of risk factors for manual material handling (MMH) with complaints of subjective musculoskeletal symptoms (MSS) to workers in the Department of Textile Chemical Production of PT. X in 2020. In this study, observation of manual risk handling (MMH) risk factors is using questionnaires and the Quick Exposure Checklist (QEC) method. Besides, to find out complaints about musculoskeletal symptoms (MSS) researcher used the Nordic Body Map (NBM) Questionnaire. The study design is a cross-sectional study with an observational approach. The analysis used in this study is univariate and bivariate analysis. Univariate analysis is used to provide an overview of each risk factor for manual material handling. While bivariate analysis is used to see the relationship between individual risk factors (age, years of service, body mass index, exercise habits, and stress) and work risk factors (object weight, work duration, and work posture) with musculoskeletal symptoms (MSS) complaints that felt by workers in the Textile Chemical Production Department of PT. X in 2020. The results of this study found that there is a relationship between body mass index (BMI) with complaints of musculoskeletal symptoms (MSS) felt by workers (p value = 0.040). In addition, there is a relationship between work stress and musculoskeletal symptoms (MSS) complaints felt by workers (p -value = 0.044).