

Pengaruh Intervensi Pelatihan Office Ergonomics Terhadap Pengetahuan dan Persepsi Pekerja Perkantoran PT XYZ

Salman, Usman Haris

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=134350&lokasi=lokal>

Abstrak

<div style="text-align: justify;">Sebagai tempat kerja, perkantoran memiliki bahaya dan risiko yang signifikan khususnya terkait dengan interaksi antara manusia dengan komputer kerja. Bahaya dan resiko ini memiliki konsekuensi terhadap kesehatan pekerja, aspek finansial secara langsung maupun tidak langsung dan produktivitas perusahaan yang terganggu. Oleh karena itu, guna melindungi sumber daya manusia, aset, dan fasilitas perusahaan, diperlukan program office ergonomics yang komprehensif dalam mengatur faktor resiko musculoskeletal disorders yang timbul dari interaksi pekerja dengan komputer. Sebagai langkah awal, diperlukan upaya untuk meningkatkan pengetahuan dan persepsi pekerja akan aspek office ergonomics. Pengetahuan dan persepsi adalah landasan dasar dalam upaya merubah perilaku sehat supaya pekerja mampu mengontrol faktor resiko musculoskeletal disorders. Dalam rangka meningkatkan pengetahuan dan persepsi pekerja, penelitian ini melakukan analisis pengaruh intervensi pelatihan office ergonomics terhadap pengetahuan dan persepsi pekerja perkantoran PT XYZ. Penelitian kuasiexperimental dilakukan dengan melibatkan kelompok intervensi dan kelompok pembandingan. Kelompok intervensi diberi dua perlakuan yaitu intervensi self-learning dan pelatihan office ergonomics secara daring. Kelompok pembandingan hanya diberi satu intervensi self-learning saja. Berdasarkan penelitian yang dilakukan, diperoleh kesimpulan bahwa pelatihan office ergonomics yang dilakukan secara daring meningkatkan pengetahuan dan persepsi keseluruhan pekerja perkantoran PT XYZ. Pelatihan pelatihan office ergonomics secara daring memberi pengaruh lebih bermakna dibanding intervensi bersifat self-learning.
<hr /><p>As a workplace, office environments have significant hazards and risks associated with the interactions between human and computer. The consequences that may arise are related with the healthy state of worker, direct and indirect financial impact, and company productivity impact. In order to protect the workers, company assets and facilities; a comprehensive office ergonomics program is required to manage the risk factors of musculoskeletal disorders. As a start, necessary measures are required to improve the knowledge and perceptions of workers in the aspects of office ergonomics. Knowledge and perception are the foundation to achieve healthy behavioral changes. The healthy behavioral change is required for workers to control the risk factors of musculoskeletal disorders. Education, in the form of training, acts as one of critical factors to increase knowledge and perception. This study is performed to analyze the effect of office ergonomics training intervention on the knowledge and perception of office workers at PT XYZ. Quasi-experimental research was selected by involving both, the intervention and comparison groups. Two treatments were given to the intervention group, they are self-learning type intervention and online office ergonomics training intervention. Only one treatment was given to the comparison group, the self-learning intervention. Based on the research, it is concluded that the online office ergonomics training increased the knowledge and overall perceptions of the office workers of PT XYZ. Online office ergonomics training gave a more significant influence than the self-learning type intervention. </p></div>