ABSTRAK

Postur kerja yang ergonomis dapat membantu karyawan bekerja dengan nyaman, dan memiliki kualitas hidup yang baik. Penyakit akibat kerja (PAK) dapat terjadi akibat dari akumulasi aktivitas kerja yang kurang baik, seperti: Musculoskeletal *Disorder's* (MSDs). Penelitian ini merupakan penelitian deskriptif dengan *cross sectional study* dengan teknik *random sampling*, melibatkan 124 responden di PT. Perta Mandiri Sejahtera, Bertujuan untuk menganalisis pengaruh durasi kerja, postur kerja, dan kualitas hidup terhadap kejadian muskuloskeletal disorder pada pekerja. Pengukuran postur dan durasi kerja menggunakan alat ukur REBA, kualitas hidup menggunakan WHOQOL-Bref, muskuloskeletal disorder menggunakan NBM.

Hasil analisa statistik menunjukkan variabel postur kerja ada pengaruh signifikan terhadap MSDs. Variabel durasi kerja tidak ada pengaruh signifikan terhadap MSDs. Variabel kualitas hidup tidak ada pengaruh signifikan terhadap MSDs, jumlah kejadian yang di alami oleh karyawan, mayoritas mengalami permasalahan utama pada punggung belakang (*lower back pain*). Analisa pengaruh durasi kerja, postur kerja, dan kualitas hidup terhadap kejadian muskuloskeletal disorder di PT. Perta Mandiri Sejahtera diketahui variabel postur kerja berpengaruh lebih dominan terhadap kejadian MSDs.

Hasil analisis multivariat regresi linear berganda: (1). (p-value=0.000), dapat disimpulkan ada pengaruh signifikan antara X1 terhadap Y. (2). (p-value=0.523), dapat disimpulkan tidak ada pengaruh signifikan antara X2 terhadap Y. (3). (p-value=0.451), dapat disimpulkan tidak ada pengaruh signifikan X3 terhadap Y. Hasil uji F menggunakan Anova (p-value=0,000), dapat disimpulkan terdapat pengaruh yang signifikan antara X1, X2, dan X3, terhadap Y. Hasil uji koefisiensi determinasi, R= 0,883 (88,3%), dapat disimpulkan adanya korelasi pengaruh X1, X2 dan X3 terhadap Y. Dimana X1: postur kerja, X2: durasi kerja, X3: Kualitas Hidup, dan Y: Kejadian MSDs.

Kata kunci: Postur Kerja, Durasi Kerja, Kualitas Hidup, MSDs

ABSTRACT

Ergonomic work postures can help employees work comfortably, and have a good quality of life. Occupational diseases (PAK) can occur as a result of the accumulation of poor work activities, such as: Musculoskeletal Disorder's (MSDs). This research is a descriptive research with cross sectional study with random sampling technique, involving 124 respondents at PT. Perta Mandiri Sejahtera, aims to analyze the influence of work duration, work posture, and quality of life on the incidence of musculoskeletal disorders in workers. Measurement of posture and duration of work using the REBA measurement tool, quality of life using WHOQOL-Bref, musculoskeletal disorders using NBM.

The results of the statistical analysis showed that the working posture variable had a significant effect on MSDs. The duration of work variable has no significant effect on MSDs. The quality of life variable has no significant effect on MSDs, the number of incidents experienced by employees, the majority experience major problems in the lower back (lower back pain). Analysis of the effect of work duration, work posture, and quality of life on the incidence of musculoskeletal disorders at PT. Perta Mandiri Sejahtera found that the variable of work posture has a more dominant effect on the incidence of MSDs.

The results of multiple linear regression multivariate analysis: (1). (p-value = 0.000), it can be concluded that there is a significant influence between X1 and Y. (2). (p-value = 0.523), it can be concluded that there is no significant effect between X2 and Y. (3). (p-value = 0.451), it can be concluded that there is no significant effect of X3 on Y. The results of the F test using Anova (p-value = 0.000), it can be concluded that there is a significant effect between X1, X2, and X3, on Y. Test results coefficient of determination, R = 0.883 (88.3%), it can be concluded that there is a correlation of the effect of X1, X2 and X3 on Y. Where X1: work posture, X2: work duration, X3: Quality of Life, and Y: MSDs incidence

Keywords: Working Posture, Working Duration, Quality of Life, MSDs