

Faktor-faktor yang berhubungan terhadap keluhan Musculoskeletal Disorders (MSDs) pada bidan di Puskesmas dengan tempat persalinan (Puskesmas DTP) Kota Bandung tahun 2013 = Factors related to the Musculoskeletal Disorders (MSDs) complaint on midwives in public health services with the birth place DTP in 2013 Bandung

Ratih Komala, author

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Abstrak

Bidan berpotensi tinggi mengalami risiko gangguan otot rangka atau Musculoskeletal disorders (MSDs) karena memiliki faktor-faktor risiko untuk terjadi MSDs Penelitian ini berdesain cross sectional dengan pendekatan kuantitatif dan kualitatif bertujuan untuk mengetahui gambaran faktor-faktor yang berhubungan terhadap keluhan MSDs pada bidan dan melakukan analisis risiko ergonomi menggunakan metode REBA. Berdasarkan hasil penelitian, 91,7% bidan memiliki keluhan MSDs terutama di daerah leher, bahu, tangan, pergelangan tangan, punggung atas dan pergelangan kaki. Disamping itu terdapat hubungan signifikan antara faktor psikologis individu ($p=0,01$) terhadap timbulnya keluhan MSDs pada bidan. Dari analisis risiko ergonomi menggunakan metode REBA terhadap tahapan Asuhan Persalinan Normal didapatkan hasil 2 tahapan berisiko sangat tinggi, 2 tahapan berisiko tinggi dan 2 tahapan berisiko sedang. Diharapkan adanya fasilitas relaksasi otot di tempat kerja dan pendidikan kesehatan mengenai ergonomi kepada bidan untuk mencegah MSDs, serta adanya penelitian lain yang lebih lengkap dan akurat terhadap masalah ini.Midwives have high potential risk of musculoskeletal disorders or musculoskeletal disorders (MSDs) as having risk factors for MSDs occur This cross-sectional study design with quantitative and qualitative approaches aims to describe the factors related to MSDs complaints on midwives and ergonomic risk analysis using methods REBA. Based on the results of the study, 91.7% midwife had a MSDs complaints especially in the neck, shoulder, hand, wrist, upper back and ankle. Besides, there is a significant relationship between individual psychological factors ($p = 0.01$) on the incidence of MSDs complaints on midwives. From ergonomics risk analysis towards Normal Delivery Care using REBA methods, two stage were very high risk, two stage were high risk and two stage were medium. Expected that there will be held facilities for relaxation of body muscles at work and health education about ergonomics for midwives to prevent MSDs, as well as the other studies about this issue in a more accurate and complete.