

Kajian Faktor-Faktor Ergonomi yang Berhubungan dengan Indoor Health and Comfort serta Musculoskeletal Symptoms (MSS) pada Pegawai Fungsional dan Staf di Kantor X Tahun 2017 = Study of Ergonomic Factors Related to Indoor Health and Comfort and Musculoskeletal Symptoms (MSS) on Functional and Staff in Office X 2017

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Abstrak

Penelitian ini melakukan investigasi terhadap faktor-faktor ergonomi yang berhubungan dengan Indoor Health and Comfort/IHC (dengan indikator keluhan gejala SBS dan kenyamanan kerja) dan keluhan MSS yang dialami oleh pegawai fungsional dan staf di Kantor X. Penelitian ini dilakukan di Kantor X dengan objek penelitian yaitu pegawai fungsional dan staf yang bekerja menggunakan komputer/laptop dan berada di ruangan staf bertipe cubicle (ruangan A, B, C, D, dan E). Penelitian ini dilakukan melalui pengamatan, wawancara, pengukuran kualitas lingkungan kerja di dalam ruangan serta pengisian kuesioner kenyamanan kerja, keluhan gejala SBS dan keluhan MSS. 53,85% pegawai memiliki tingkat kenyamanan kerja tinggi dan 46,15% pegawai memiliki tingkat kenyamanan kerja rendah. 53,85% pegawai merasakan keluhan gejala SBS dengan keluhan paling banyak ditemui 33,85% mata lelah dan 33,85% lelah atau mengantuk. 78,57% pegawai mengalami keluhan MSS. Faktor-faktor ergonomi yang tidak sesuai dengan standar meliputi: dimensi kursi, dimensi meja, penggunaan perangkat komputer, postur kerja, dimensi ruangan, layout ruangan, warna ruangan, serta faktor lingkungan berupa kebisingan, pencahayaan, temperatur, kelembaban, karbondioksida, formaldehyde, dan VOCs. Ditemukan adanya hubungan signifikan antara faktor level aktivitas dengan kenyamanan kerja; serta faktor konsentrasi VOCs dengan keluhan gejala SBS. Tidak terdapat hubungan signifikan antara faktor-faktor ergonomi yang diteliti dengan keluhan MSS.

This study presents our investigations of ergonomic factors that related to Indoor Health and Comfort/IHC (with indicators Sick Building Syndrome (SBS) symptoms and work comfort) and Musculoskeletal Symptoms (MSS) suffered by functional and staff workers in Office X year 2017. Conducted in X Office in Indonesia, with the object study are functional and staff workers who work using computer or laptop in staff room which cubicle type (room A, B, C, D, and E). This study perform via walktought observation, interview, measure indoor air quality/environment factors and fill indoor comfort questionnaire, SBS symptoms questionnaire and Nordic Body Map (NBM) questionnaire . 53,85% of workers have a high level of work comfort and 46,15% of workers have a low level of work comfort. 53,85% of workers suffered complaint of SBS symptoms with at most complaint of SBS symptoms be found are 33,85% tired or strained eyes and 33,85% fatigue or drowsiness. 78,57% of workers suffered MSS complaint. Ergonomic factors that not conform to standard include seat dimensions, table dimensions, computer used, work posture, room dimensions, room layout, room colors, and noise, lighting, temperature, humidity, carbon dioxide , formaldehyde, and VOCs. There is significant relationship between activity level factors and work comfort; VOCs concentration and complaint of SBS symptoms. There is no significant relationship between ergonomic factors are studied and MSS complaint.