

Prevalensi gangguan muskuloskeletal dan faktor-faktor yang berhubungan pada pegawai di Rumah Sakit Umum Daerah. Skrining menggunakan Nordic Musculoskeletal Questionnaire (NMQ) Self Administered versi Indonesia. = The prevalence of musculoskeletal disorders and related factors to the employee in Public Hospital. Skrining using Self Administered Nordic Musculoskeletal Questionnaire (NMQ) Indonesian version.

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Abstrak

Latar Belakang : Gangguan muskuloskeletal akibat faktor risiko ergonomi sering ditemukan pada tempat kerja. Berbagai penelitian dilakukan namun penelitian menggunakan NMQ self administered versi Indonesia belum dilakukan pada pekerja di RS. Tujuan penelitian ini mendapatkan prevalensi gangguan muskuloskeletal dan faktor-faktor yang berhubungan pada pegawai di RSUD melalui skrining menggunakan NMQ self administered versi Indonesia.

Metode : Penelitian cross sectional menggunakan Skor Nordic Musculoskeletal Questionnaire (NMQ) Self Administered versi Indonesia, di RSUD pada Desember 2013 dengan 360 responden.

Hasil : Prevalensi gangguan muskuloskeletal sebesar 244 responden (67,8%). Hubungan faktor individu terhadap gangguan muskuloskeletal bermakna pada usia, IMT Obese I serta tidak bermakna pada jenis kelamin, sisi tangan dominan. Hubungan faktor pekerjaan terhadap gangguan muskuloskeletal bermakna pada posisi kerja dan pekerjaan medis serta tidak bermakna pada masa kerja, lama kerja dan shift kerja. Faktor dominan gangguan muskuloskeletal adalah jenis pekerjaan (ORSuaian=3,798; 95% CI=1,008-14,310), posisi kerja (ORSuaian=2,948; 95% CI=1,740-4,997) serta usia (ORSuaian=0,495; 95% CI=0,269-0,911)

Kesimpulan : Dari hasil penelitian disarankan untuk pekerja melaksanakan olah raga, mini break, peregangan ringan, berobat bila gangguan otot. Untuk manajemen RS melakukan follow up dan promosi kesehatan, pendidikan internal mengenai ergonomi, untuk pekerja dengan gangguan muskuloskeletal ditempatkan yang tidak berisiko, menyediakan alat kerja yang ergonomis dilengkapi Standar dan Instruksi Kerja. Untuk penelitian selanjutnya menggunakan metode dan alat penelitian lain.

.....ABSTRACT Name : Sulistyo Rini Utami Study Program : Magister Occupational Medicine Title : The prevalence of musculoskeletal disorders and related factors to the employee in Public Hospital. Skrining using Self Administered Nordic Musculoskeletal Questionnaire (NMQ) Indonesian version. Background : Musculoskeletal Disorders due to ergonomics risk factor is often found in the workplace. Various studies conducted, but studies using self-administered NMQ Indonesian version has not been carried out on workers in the hospital. The purpose of this study getting the prevalence of musculoskeletal disorders and related factors to the employee at the hospital through screening using self-administered NMQ Indonesian version. Methods : a cross sectional study using Score of self Administered Nordic Musculoskeletal Questionnaire Indonesian version, a public hospital in December 2013 with 360 respondents. Results: The prevalence of musculoskeletal disorders 244 respondents (67.8%). The relationship of individual factors on musculoskeletal disorders significantly in age, BMI Obese I and not significant for gender, the dominant hand. Relationship factors work against musculoskeletal disorders significant at the working position and

medical work. Not significantly on years of service, duration of employment, shift work. The dominant factor is the type of work musculoskeletal disorders (OR=3.798; 95% CI=1.008-14.310), working position (OR=2.948; 95% CI=1.740-4.997), age (OR=0.495; 95% CI=0.269-0.911). Conclusion: From these results it is advisable to carry workers for sports, mini-break, stretching and treatment. For hospital management with health promotion, for hospital worker with musculoskeletal disorders were not placed at risk, provide ergonomic work tools include Standards and Work Instructions. For further research using other research methods and tools. Keywords: hospital worker; musculoskeletal disorders; NMQ