

Analisis Faktor Risiko Keluhan Gangguan Muskuloskeletal (MSDs) Pada Guru Dan Murid Sma Akibat Pembelajaran Jarak Jauh: Studi Pada 1 Sekolah Negeri Dan 1 Sekolah Swasta Di Bogor Tahun 2021 = Risk Factors Analysis of Complaints of Musculoskeletal Disorders (MSDs) On Teachers and High School Students Due to Online Learning: A Study at 1 Public School and 1 Private School in Bogor 2021

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Abstrak

Pandemi COVID-19 membuat banyak kegiatan masyarakat harus dibatasi, termasuk dunia pendidikan Indonesia yang menerapkan pembelajaran jarak jauh (PJJ). PJJ ini membuat seluruh kegiatan pembelajaran menjadi daring dan mewajibkan guru dan murid untuk berada di depan gawai dalam rangka menjalankan kegiatan PJJ. Aktivitas PJJ ini tentu memiliki risiko ergonomi yang berisiko menimbulkan gangguan muskuloskeletal (MSDs). Penelitian ini bertujuan untuk mengetahui risiko ergonomi selama kegiatan pembelajaran jarak jauh pada murid dan guru SMA di Kota Bogor. Metode yang digunakan adalah desain studi potong-lintang menggunakan Nordic Musculoskeletal Questionnaire serta kuesioner tambahan yang disebar secara daring dan penelitian ini dilakukan kepada 496 guru dan murid dari sekolah negeri dan swasta. Variabel yang diteliti adalah faktor individu, faktor pekerjaan, faktor peralatan kerja, dan keluhan MSDs. Hasil menunjukkan bahwa terdapat lebih dari sama dengan 60% guru dan murid di kedua sekolah yang mengalami keluhan MSDs. Keluhan paling banyak dirasakan di leher, bahu, punggung atas, punggung bawah, tangan dan kaki. Ditemukan juga hubungan yang signifikan antara periode PJJ, durasi PJJ, frekuensi PJJ, gerakan repetisi, gerakan statis, frekuensi aktivitas fisik, kondisi kursi, dan kondisi meja.

..... The COVID-19 pandemic has forced many community activities to be limited, including the education aspect in Indonesia, which implements online learning (PJJ). This online learning makes all learning activities being online and requires teachers and students to be in front of their gadgets to carry out online learning. This PJJ activity certainly has an ergonomic risk that causing musculoskeletal disorders (MSDs). This study aims to determine the risk of ergonomics during online learning activities for high school teachers and students in Bogor. The method in this study is a cross-sectional study design using the Nordic Musculoskeletal Questionnaire and additional questionnaire that distributed online and this study was conducted on 496 teachers and students from public and private schools. The variables studied were individual factors, work factors, work equipment factors, and subjective complaints of MSDs. The results show that there are more than 60% of teachers and students in both schools experience musculoskeletal disorders subjective complaints. Most complaints are felt in the neck, shoulders, upper back, lower back, hands, and feet. A significant relationship was also found between the PJJ period, PJJ duration, PJJ frequency, repetition movement, static movement, frequency of physical activity, chair condition, and table condition.