

ABSTRAK

Penelitian ini dilakukan terhadap pekerja *back office* di PT.Y yang menggunakan meja kerja komputer dan sering mengalami keluhan sakit pinggang, nyeri bahu yang disebabkan oleh aktivitas kerja. Tujuan dari penelitian ini adalah untuk menentukan tingkat keluhan dari faktor-faktor yang berhubungan dengan *Musculoskeletal Disorders* (MSDs) pada pekerja *back office*. Dan, untuk mereduksi keluhan *Musculoskeletal Disorders*. Populasi penelitian sebanyak 12 pekerja *back office* PT. Y. Teknik pengumpulan data dilakukan dengan cara observasi, wawancara dan melakukan penyebaran kuesioner. Pengolahan data diuji dengan menggunakan kuesioner *nordic body map* dan metode *Rapid Upper Limb Assessment* (RULA). Hasil penelitian menunjukkan bahwa dari perhitungan RULA diperoleh skor 4(level kecil) dan kuesioner NBM persentase yang paling beresiko terjadinya *Musculoskeletal Disorders* (MSDs) pada bagian punggung (72,9%), pinggang (72,9%), bahu kanan (70,8%) dan bahu kiri (62,5%). Untuk itu, Perbaikan yang dilakukan untuk mereduksi *Musculoskeletal Disorders* yaitu pada posisi duduk yang baik dan benar, penggunaan kursi yang ergonomis serta direkomendasikan bantal dan sandaran pada saat duduk dalam jangka waktu lebih dari empat jam.

Kata kunci: *Musculoskeletal Disorders*, *Nordic Body Map*, dan *Rapid Upper Limb Assessment*

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ABSTRACT

This research was conducted on office workers in PT.Y who use computer desk and often. The goal is to address the disorders of Musculoskeletal Disorders (MSD) in office workers. And, to reduce complaints Musculoskeletal Disorders. The research population is 12 employees of PT. Y. Technique of data retrieval done, interview and spread of questioner. Data processing was delayed using a nordic map questionnaire and Rapid Upper Limb Assessment (RULA). The results showed that musculoskeletal disorder (MSD) was repeated (72.9%), waist (72.9%), right shoulder (70.8%) and left shoulder (62.5%). Because this research is conducted against back office workers in PT.Y who use computer desk and often experience complaints of back pain, shoulder pain caused by work activities. The purpose of this study was to determine the level of complaints of factors associated with Musculoskeletal Disorders (MSDs) in back office workers. And, to reduce complaints Musculoskeletal Disorders. Research population of 12 workers back office PT. Y. Technique of collecting data is done by observation, interview and do the spreading of questioner. Data processing was tested using nordic body map questionnaire and Rapid Upper Limb Assessment (RULA) method. The results showed that the RULA calculation obtained a score of 4(small level) and NBM Questioner percentage most at risk of Musculoskeletal Disorders (MSDs) on the back (72.9%), waist (72.9%), right shoulder (70.8%) and left shoulder (62.5%). For that, improvements made to reduce Musculoskeletal Disorders are to do a good and correct sitting position, the use of ergonomic seats and recommended pads or backrest when sitting in a period of more than four hours.

Keyword: Musculoskeletal Disorder, Nordic Body Maps, and Rapid Upper Limb Assessment