ABSTRAK

Nama	:	Gimawati Sudibyo
NIM	:	41619010019
Program Studi	:	Teknik Industri
Judul Laporan Skripsi	:	Analisis Postur Kerja Menggunakan Metode *Ovako Work Posture Analysis System* (OWAS) dan *Rapid Entire Body Assessesment* (REBA) Pada Pekerja *Welder Workshop* Lembaga Penyiaran Swasta Nasional
Pembimbing	:	Dr. Zulfa Fitri Ikatrinasari, MT.

Kata Kunci : OWAS, REBA, *Welder*, Postur Kerja

Salah satu faktor penunjang kinerja kerja adalah postur kerja yang nyaman dan aman. Postur yang buruk atau tidak ergonomis dapat menyebabkan keluhan MSDs. Laporan Hasil Riset Kesehatan Dasar (RISKESDAS) 2018 Kementerian Kesehatan RI, prevalensi gangguan musculoskeletal Indonesia adalah 7,3 Dalam konteks ini, Lembaga Penyiaran Swasta Nasional memiliki *Workshop* sebagai tempat khusus pembuatan set properti acara. Sebagai objek penelitian, Pekerja Welder dipilih karena memiliki nilai keluhan tertinggi berdasarkan kuesioner NMB dengan skor 86, Art 66, Painter 52, dan Foreman 28. Penelitian ini menggunakan metode analisis REBA dan OWAS untuk menilai tingkat risiko postur kerja dan gangguan MSDs pada pekerja *Welder*. Selain itu, perancangan alat bantu juga dilakukan melalui *Focus Group Discussion* (FGD) dengan berbagai pihak terkait serta pengukuran antropometri. Hasil analisis menggunakan metode REBA dan OWAS menunjukkan bahwa pekerja *Welder* memiliki tingkat risiko postur kerja dan tingkat MSDs yang tinggi. Oleh karena itu, dilakukan perancangan alat bantu berdasarkan data antropometri pekerja dan melalui FGD dengan pihak-pihak terkait. Dalam implementasi perancangan alat bantu, terjadi penurunan signifikan nilai REBA dan OWAS. Pada pekerja *Welder* 1, nilai REBA menurun dari 11 (sangat tinggi) menjadi 5 (sedang), dan nilai OWAS menurun dari 4 (sangat tinggi) menjadi 2 (sedang). Pada pekerja *Welder* 2, nilai REBA menurun dari 10 (tinggi) menjadi 3 (rendah), dan nilai OWAS menurun dari 3 (tinggi) menjadi 1 (rendah).

ABSTRACT

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Study Program	:	Industrial Engineering
Title Thesis	:	*Analysis Of Work Posture Using The Ovako Work Posture Analysis System (OWAS) and Rapid Entire Body Assessment (REBA) Methods On Welder Workers At The National Private Broadcasting Workshop*
Counsellor	:	Dr. Zulfa Fitri Ikatrinasari, MT.

Key Words : OWAS, REBA, *Welder, Work Posture*

One of the supporting factors for work performance is a comfortable and safe working posture. Poor or non-ergonomic postures can lead to musculoskeletal disorders (MSDs) complaints. According to the Basic Health Research Report (RISKESDAS) 2018 by the Ministry of Health of the Republic of Indonesia, the prevalence of musculoskeletal disorders in Indonesia is 7.3. In this context, National Private Broadcasting (one of the private television stations) has a Workshop dedicated to the production of event set properties. As the research subject, Welder Workers were chosen due to their highest complaint scores based on the NMB questionnaire: Welder 86, Art 66, Painter 52, and Foreman 28. This study utilized the REBA and OWAS analysis methods to assess the level of work posture risk and MSDs disorders among Welder Workers. Additionally, the design of assistive tools was conducted through Focus Group Discussions (FGD) involving various stakeholders, as well as anthropometric measurements. The analysis results using the REBA and OWAS methods indicated that Welder Workers have a high level of work posture risk and MSDs. Therefore, the design of assistive tools based on worker anthropometric data and through FGD with relevant parties was carried out. In the implementation of the assistive tools design, there was a significant reduction in the REBA and OWAS scores. For Welder Worker 1, the REBA score decreased from 11 (very high) to 5 (moderate), and the OWAS score decreased from 4 (very high) to 2 (moderate). For Welder Worker 2, the REBA score decreased from 10 (high) to 3 (low), and the OWAS score decreased from 3 (high) to 1 (low).