

ABSTRAK
SEKOLAH TINGGI ILMU KESEHATAN (STIK)
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Analisis Faktor Risiko Gangguan Muskuloskeletal Pada Pekerja Bagian Produksi di PT. X Dengan Menggunakan Kuesioner *Nordic Body Map* (NBM) Tahun 2024

(viii + 71 hal, 8 tabel, 2 bagan 5 lampiran)

Gangguan muskuloskeletal merupakan sekelompok kondisi patologis yang mempengaruhi fungsi normal jaringan halus sistem muskuloskeletal, meliputi sistem saraf, tendon, otot-otot, dan jaringan pendukung seperti cakram intervertebralis (tulang belakang). Hasil wawancara kepada 10 pekerja di PT. X, diperoleh informasi bahwa 10 pekerja mengeluh sakit pada area pinggang dan leher. Keluhan ini timbul pada pekerja di bagian produksi yang sering kali melakukan aktifitas berulang. Penelitian ini bertujuan diketahuinya faktor risiko gangguan muskuloskeletal pada pekerja bagian produksi di PT. X dengan menggunakan kuesioner *Nordic Body Map* (NBM) tahun 2024.

Desain penelitian adalah kuantitatif analitik dengan pendekatan *cross-sectional*. Penelitian dilaksanakan di PT. X, pada bulan Juni-juli tahun 2024. Populasi dalam penelitian ini adalah pekerja di bagian produksi. Sampel penelitian berjumlah 71 responden. Teknik pengambilan sampel menggunakan *simple random sampling*. Analisis data bivariat menggunakan uji *Chi-Square*.

Hasil analisis bivariat menunjukkan ada hubungan antara variabel usia (nilai p 0,000), jenis kelamin (nilai p 0,047), masa kerja (nilai p 0,004), kelelahan kerja (nilai p 0,006), dan gerakan berulang (nilai p 0,000) dengan gangguan muskuloskeletal.

Simpulan diperoleh bahwa variabel umur, jenis kelamin, masa kerja, kelelahan kerja, dan gerakan berulang berhubungan dengan gangguan musculoskeletal. Sehingga disarankan PT. X agar melakukan penyesuaian evaluasi tugas yang di berikan kepada pekerja yang berpotensi terhadap umur, jenis kelamin, masa kerja, kelelahan kerja dan Gerakan berulang menyebabkan gangguan muskuloskeletal.

Kata kunci : **Gangguan musculoskeletal, Kesehatan, NBM**
Daftar Pustaka : **2016-2024**

ABSTRACT
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Analysis of Risk Factors for Musculoskeletal Disorders in Production Workers at PT. X Using the 2024 Nordic Body Map (NBM) Questionnaire

(viii+ 67 pages, 8 tables, 2 charts 5 appendices)

Musculoskeletal disorders are a group of pathological conditions that affect the normal function of the soft tissue of the musculoskeletal system, including the nervous system, tendons, muscles and supporting tissues such as intervertebral discs (spine). Results of interviews with 10 workers at PT. X, information was obtained that 10 workers complained of pain in the waist and neck area. This complaint arises from workers in the production department who often carry out repetitive activities. This research aims to determine the risk factors for musculoskeletal disorders in production workers at PT. X using the 2024 Nordic Body Map (NBM) questionnaire.

The research design is quantitative analytic with a cross-sectional approach. The research was carried out at PT. X, in June-July 2024. The population in this study are workers in the production section. The research sample consisted of 71 respondents. The sampling technique uses simple random sampling. Bivariate data analysis used the Chi-Square test.

The results of bivariate analysis show that there is a relationship between the variables age (p value 0.000), gender (p value 0.047), length of service (p value 0.004), work fatigue (p value 0.006), and repetitive movements (p value 0.000) with musculoskeletal disorders.

The conclusion was that the variables age, gender, length of service, work fatigue, and repetitive movements were related to musculoskeletal disorders. So it is recommended that PT. X must adjust the evaluation of tasks given to workers who have the potential for age, gender, length of service, work fatigue and repetitive movements causing musculoskeletal disorders.

Keywords: Musculoskeletal Disorders, Health, NBM Bibliography: 2016-2024