

## ABSTRAK

*Shoulder sprain* merupakan gangguan muskuloskeletal yang dapat terjadi akibat aktivitas kerja dengan postur tidak ergonomis, gerakan berulang, pengangkatan beban berat, serta durasi kerja yang panjang. Pekerja pemanen kelapa sawit memiliki risiko tinggi mengalami *shoulder sprain* karena aktivitas kerja dilakukan secara manual menggunakan alat panen dengan posisi tangan di atas bahu. Penelitian ini bertujuan untuk mengetahui faktor risiko ergonomi yang berhubungan dengan kejadian *shoulder sprain* pada pekerja pemanen kelapa sawit di Desa Namu Ukur Kabupaten Langkat.

Jenis penelitian ini adalah kuantitatif dengan desain *cross sectional*. Populasi penelitian berjumlah 30 pekerja pemanen kelapa sawit dan seluruh populasi dijadikan sampel menggunakan teknik total sampling. Variabel independen meliputi postur kerja, beban kerja, masa kerja, dan durasi kerja, sedangkan variabel dependen adalah kejadian *shoulder sprain*. Analisis data dilakukan menggunakan uji *chi-square*.

Hasil penelitian menunjukkan terdapat hubungan signifikan antara postur kerja ( $p=0,001$ ), beban kerja ( $p=0,003$ ), masa kerja ( $p=0,012$ ), dan durasi kerja ( $p=0,005$ ) dengan kejadian *shoulder sprain*. Disimpulkan bahwa faktor ergonomi berhubungan dengan kejadian *shoulder sprain* pada pekerja pemanen kelapa sawit.

Kata Kunci : ergonomi, *shoulder sprain*, postur kerja, pemanen kelapa sawit.

## **ABSTRACT**

*Shoulder sprain is a musculoskeletal disorder caused by non-ergonomic working postures, repetitive movements, heavy lifting, and long working durations. Oil palm harvesters are at high risk of experiencing shoulder sprain because harvesting activities are performed manually using harvesting tools with hands positioned above shoulder level. This study aimed to determine the ergonomic risk factors associated with shoulder sprain among oil palm harvesters in Namu Ukur Village, Langkat Regency.*

*This study used a quantitative method with a cross-sectional design. The population consisted of 30 oil palm harvesters, and all respondents were selected using the total sampling technique. The independent variables were work posture, workload, working period, and working duration, while the dependent variable was the incidence of shoulder sprain. Data were analyzed using the chi-square test.*

*The results showed significant relationships between work posture ( $p=0.001$ ), workload ( $p=0.003$ ), working period ( $p=0.012$ ), and working duration ( $p=0.005$ ) with the incidence of shoulder sprain. It can be concluded that ergonomic factors are associated with shoulder sprain among oil palm harvesters.*

*Keywords: ergonomics, shoulder sprain, work posture, oil palm harvesters*

