

ABSTRAK

Musculoskeletal Disorders (MSDS) merupakan keluhan bagian otot skeletal yang dirasakan oleh seseorang mulai dari keluhan ringan sampai dengan keluhan berat, yang umumnya terjadi karena peregangan otot yang terlalu berat dan durasi pembebanan yang terlalu lama, sehingga dapat menyebabkan kerusakan pada sendi, ligament dan tendon. Sampel dalam penelitian ini adalah seluruh pekerja SPSI di pabrik PTPN III yang berada di PT. Pabrik PTPN III desa Torgamba kecamatan Torgamba kabupaten Labuhanbatu Selatan. Tujuan penelitian adalah untuk mengetahui efektifitas senam peregangan pekerja untuk mengurangi keluhan Musculoskeletal Disorder pada pekerja SPSI pabrik PTPN. Jenis penelitian adalah desain penelitian eksperimen dengan pendekatan *True experimental*. Populasi Penelitian ini adalah seluruh pekerja SPSI di pabrik PTPN III sebanyak 43 pekerja dengan sampel 30 pekerja. Berdasarkan hasil uji normalitas data menunjukkan $p\text{-value} = 0,000$, dapat disimpulkan data berdistribusi tidak normal. Oleh karena itu, penelitian ini menggunakan Uji Wilcoxon Signed Rank. Dari hasil uji tersebut terdapat nilai Z Hitung = -3,742 dimana $Z \text{ Hitung} > Z \text{ tabel}$ ($0,05 = -1,645$) dan nilai Sig $0,000 < 0,05$ maka didapat kesimpulan bahwa terdapat efek penurunan yang signifikan sebelum senam peregangan dan setelah senam peregangan. Saran dari penelitian ini terkhusus untuk pekerja yang mengalami keluhan Musculoskeletal Disorder untuk meluangkan waktu disaat jam istirahat kerja melakukan senam peregangan untuk meminimalisir nyeri akibat Musculoskeletal Disorder (MSDs).

Kata kunci : Keluhan MSDs, senam peregangan, pekerja SPSI

ABSTRACT

Musculoskeletal Disorders (MSDS) are complaints of skeletal muscles that are felt by a person ranging from mild complaints to severe complaints, which generally occur due to muscle stretching that is too heavy and the duration of loading is too long, so that it can cause damage to joints, ligaments and tendons. The sample in this study were all SPSI workers at the PTPN III factory located at PT. PTPN III factory, Torgamba village, Torgamba district, South Labuhanbatu district. The purpose of this study was to determine the effectiveness of stretching exercises for workers to reduce complaints of Musculoskeletal Disorder in SPSI workers at PTPN factories. This type of research is an experimental research design with a True experimental approach. The population of this study were all SPSI workers in the PTPN III factory as many as 43 workers with a sample of 30 workers. Based on the results of the normality test of the data showing $p\text{-value} = 0.000$, it can be concluded that the data is not normally distributed. Therefore, this study uses the Wilcoxon Signed Rank Test. From the test results, there is a Z Count = -3.742 where $Z \text{ Count} > Z \text{ table}$ ($0.05 = -1.645$) and a Sig value of <0.05 , it can be concluded that there is a significant decreasing effect before stretching exercises and after stretching exercises. Suggestions from this study are specifically for workers who experience Musculoskeletal Disorder complaints to take time during work breaks to do stretching exercises to minimize pain due to Musculoskeletal Disorders (MSDs).

Keywords: MSDs complaints, stretching exercises, SPSI workers