

ABSTRAK

Keluhan *Musculoskeletal Disorder* (MSDs) hingga saat ini masih menjadi penyakit akibat kerja yang paling banyak dialami oleh pekerja di dunia saat ini, salah satu pekerja yang beresiko mengalami keluhan *Musculoskeletal Disorder* (MSDs) adalah pekerja angkat-angkut seperti pekerja depot pengisian air isi ulang. Penelitian ini bertujuan untuk mengetahui pengaruh sikap kerja, beban kerja, masa kerja, dan lama kerja terhadap keluhan *Musculoskeletal Disorder* (MSDs) pada pekerja pengisian air isi ulang. Studi ini merupakan penelitian kuantitatif dengan desain cross-sectional. Populasi penelitian ini adalah seluruh pekerja depot pengisian air isi ulang di Kelurahan Simping Selayang Kota Medan 2022 sebanyak 40 orang, dan sampel penelitian dijadikan sebagai total sampling sebanyak 40 orang pekerja depot pengisian air isi ulang. Pengumpulan data dilakukan secara langsung dengan menyebarkan kuesioner dan melakukan pengamatan langsung kepada pekerja depot pengisian air isi ulang. Kemudian, dilanjutkan dengan proses analisis data dengan uji chi square dan regresi logistik biner. Hasil penelitian menunjukkan bahwa sikap kerja ($p = <0,001$; PR=6,6; 95%CI 1,802-24,176), beban kerja ($p = < 0,001 < 0,05$; PR=4,2; 95%CI 1,505-11,723), masa kerja ($p=0,020$; PR=1,97; 95%CI 1,213-3,198), dan lama kerja ($p=0,002 < 0,05$; PR=2,714 95%CI 1,369-5,382) berpengaruh signifikan terhadap keluhan *Musculoskeletal Disorder* (MSDs). Faktor dominan terhadap keluhan *Musculoskeletal Disorder* (MSDs) adalah variabel sikap kerja ($P = 0,001 < 0,05$; PR=15,101; 95%CI 4.729-132.161). Pekerja yang mempunyai sikap kerja tidak ergonomi, 15,2 kali kecenderungannya mengalami keluhan *Musculoskeletal Disorder* (MSDs) dibandingkan pekerja yang mempunyai sikap kerja ergonomi. Dengan demikian diharapkan bahwa kepada pemilik usaha depot pengisian air isi ulang agar memberikan pengetahuan tentang pentingnya menerapkan sikap kerja yang ergonomi saat bekerja kepada para pekerja depot pengisian air isi ulang.

Kata kunci : Sikap dan Lama Kerja, Keluhan *Musculoskeletal Disorder* (MSDs)

ABSTRACT

Complaints of Musculoskeletal Disorder (MSDs) are still the most common occupational disease experienced by workers in the world today, one of the workers who are at risk of experiencing Musculoskeletal Disorder (MSDs) complaints are lift-and-transport workers from refilling water filling depots. This study aims to determine the effect of work attitude, tenure, and length of work on complaints of Musculoskeletal Disorder (MSDs) in refilling water workers. This study is a quantitative research with a cross-sectional design. The population of this study was 40 people from all depots for refilling water refilling workers in the Simpang Selayang Village, Medan City in 2022, and the research sample was used as a total sampling of 40 workers for refilling water refilling depots. Data collection is done directly by distributing and making direct observations to workers of refilling water depots. Then proceed with the process of data regression analysis with chi square test and binary logistics. The results showed that work attitude ($p < 0.001$; PR=6.6; 95%CI 1.802-24.176), workload ($p < 0.001 < 0.05$; PR=4.2; 95%CI 1.505-11.723), years of service ($p=0.020$; PR=1.97; 95%CI 1.213-3.198), and length of work ($p=0.002 < 0.05$; PR=2.714 95%CI 1.369-5.382) had a significant effect on musculoskeletal complaints. Disturbance (MSD). The dominant factor for the complaints of Musculoskeletal Disorder (MSDs) is the work attitude variable ($P = 0.001 < 0.05$; PR = 15.101; 95%CI 4.729-132.161). Workers who have non-ergonomic work attitudes are 15.2 times more likely to experience Musculoskeletal Disorder (MSDs) complaints than workers who have ergonomic work attitudes. Thus, it is hoped that the business owners of refilling water filling depots will provide knowledge about the importance of applying an ergonomic work attitude while working to the workers of refilling water filling depots.

Keywords: Attitude and Length of Work, Delaying Musculoskeletal Disorder (MSDs)