

ABSTRAK

Penelitian ini didasari pada sebuah fenomena meningkatnya keluhan *Musculoskeletal Disorder* (MSDs) saat ini dan salah satu pekerja yang beresiko mengalami keluhan *Musculoskeletal Disorder* (MSDs) adalah pekerja penenun ulos. Maka dengan adanya peningkatan kasus *Musculoskeletal Disorder* (MSDs) tersebut dan masih sedikitnya penelitian tentang keluhan *Musculoskeletal Disorder* (MSDs) pada pekerja penenun ulos maka penelitian ini dilakukan dengan tujuan untuk mengetahui lama kerja, ergonomi terhadap keluhan *Musculoskeletal Disorder* (MSDs) pada pekerja penenun air di PT. Usaha Ulos Tambunan JL. Kertas Kelurahan Siipat Suhu Kota Pematang Siantar. Penelitian ini dilakukan pada 42 orang pekerja tenun ulos. Tingkat keluhan MSDs per bagian tubuh dapat dirasakan oleh pekerja dengan menggunakan kuesioner *Nordic Body Map*.

Hasil penelitian tingkat resiko keluhan MSDs dengan variabel lama kerja dan ergonomi pada pekerja penenun ulos, lebih tinggi pekerja mengeluhkan MSDs (69%) sedangkan yang tidak mengeluh sebesar (31%). Hasil kuesioner *Nordic Body Map*, yang merasakan Keluhan MSDs dengan sangat dikeluhkan adalah Betis Kanan dan Kiri, Pinggang, Pantat, Tangan Kanan dan Kiri, Kaki Kanan dan Kiri, sedangkan yang merasakan keluhan MSDs dengan sedikit keluhan adalah Leher.

Kata kunci : Lama kerja, Ergonomi, Keluhan MSDs, Pekerja tenun ulos

Abstract

This research is based on a phenomenon of increasing complaints of Musculoskeletal Disorders (MSDs) at this time and one of the workers who are at risk of experiencing Musculoskeletal Disorder (MSDs) complaints are ulos weavers. So with the increase in cases of Musculoskeletal Disorder (MSDs) and there is still little research on complaints of Musculoskeletal Disorder (MSDs) in ulos weaver workers, this study was conducted with the aim of knowing the length of work, ergonomics for complaints of Musculoskeletal Disorder (MSDs) in water weaver workers in Indonesia. PT. Ulos Tambunan Usaha JL. Paper from Siiopat Suhu Village, Pematang Siantar City. This research was conducted on 42 ulos weaving workers. The level of MSDs complaints per body part can be felt by workers using the Nordic Body Map questionnaire.

The results of the study on the risk level of MDSs complaints with the variable length of work and ergonomics on ulos weavers, workers who complained of MSDs were higher (69%) while those who did not complained were (31%). The results of the Nordic Body Map questionnaire, those who felt the complaints of MSDs were very complaining were the Right and Left Calves, Waist, Buttocks, Right and Left Hands, Right and Left Feet, while those who felt the complaints of MSDs with few complaints were the neck.

Keywords: Length of work, Ergonomics, MSDs Complaints, Ulos weaving workers