

ABSTRAK

Dokter gigi merupakan profesi yang menuntut kondisi fisik, kesehatan mental dan kecerdasan emosional. Dokter gigi juga harus memperhatikan keseimbangan otot dan postur tubuh yang proporsional. Postur tubuh yang tidak ideal dan gerakan berulang dapat menyebabkan dokter gigi berisiko mengalami gangguan muskuloskeletal. Jenis penelitian ini adalah penelitian kuantitatif dengan rancangan *cross sectional*. Penelitian dilakukan di RSGM Prima dengan populasi 98 dokter gigi muda. Pengambilan sampel menggunakan *proportionate stratified random sampling* sebanyak 50 sampel. Analisis data menggunakan univariat, bivariat dan multivariat. Hasil uji bivariat menunjukkan terdapat hubungan antara sikap kerja, masa kerja, lama kerja, usia, kebiasaan olahraga dan kebiasaan merokok dengan *musculoskeletal disorder* pada dokter gigi muda di RSGM Prima $p\text{-value} < 0,05$. Hasil uji multivariat menunjukkan variabel independen yang paling berhubungan dengan variabel dependen adalah variabel lama kerja dan kebiasaan olahraga $p\text{-value} < 0,05$. Kesimpulan dalam penelitian ini terdapat hubungan antara sikap kerja, masa kerja, lama kerja, usia, kebiasaan olahraga dan kebiasaan merokok dengan *musculoskeletal disorder* pada dokter gigi muda di RSGM Prima. Saran penelitian ini adalah perlunya *training* bagi dokter gigi muda di RSGM Prima tentang pelatihan sikap kerja dengan prinsip ergonomis, pelatihan peregangan dan memaksimalkan jam istirahat.

Kata kunci: *musculoskeletal disorder*, lama kerja, kebiasaan olahraga

ABSTRACT

Dentistry was a profession that demand physical condition, mental health and emotional intelligence. Dentists must pay attention to muscle balance and proportional posture. Non-ideal posture and repetitive movements can put dentist at risk of musculoskeletal disorder. This type of research was quantitative research with a cross-sectional design. The research was conducted at RSGM Prima with population of 98 clinical dentists. Sampling using proportionate stratified random sampling of 50 samples. Data analysis using univariate, bivariate and multivariate. The results of study that bivariate test showed there was a relationship between working posture, working period, working time, age, exercise routine and smoking habit with musculoskeletal disorders in clinical dentists at RSGM Prima p-value <0.05. The results of study that multivariate test showed the independent variables most associated with the dependent variable were working time and exercise routine p-value <0.05. The conclusion in this study was found there was a relationship between working posture, working period, working time, age, exercise routine and smoking habit with musculoskeletal disorders in clinical dentists at RSGM Prima. The suggestion of this study was need training for clinical dentists at RSGM Prima on working posture with ergonomic principles, stretching and maximising rest hours.

Keywords: *musculoskeletal disorder, working time, exercise routine*