

ABSTRACT

Musculoskeletal Disorders (MSDS) are the second leading cause of disability worldwide, reducing mobility and work capacity. The mortality rate due to occupational accidents continues to increase, reaching almost 10% in the last five years. The study aims to analyze the factors that influence musculoskeletal disorders (MSDS) in farmers in Bah Tonang Village, Raya Kahean District. This research method uses Observational Analytical research type with cross sectional design by filling out questionnaires. The sample used in this study were farmers who experienced MSDS and dis not experienced MSDS. Data were analyzed using SPSS with Chi-square test $p < 0,05$. Based on this study there is an influence between the relationship of work mass to MSDS complaints ($p\text{-value}=0,000$), the relationship of repetitive activities to MSDS complaints ($p\text{-value} = 0,000$), the relationship of work posture to MSDS ($p\text{-value} = 0,000$), the relationship of age to MSDS complaints ($p\text{-value} = 0,001$), the relationship of gender to MSDS complaints ($p\text{-value} = 0,003$). Suggestions, farmers need to maintain posture while working, by using the right tools and avoiding bending positions for a long time and it is hoped that the village can organize routine counseling related to MSDS, involving health centers or occupational health workers, in order to increase farmers understanding of the dangers of MSDS.

Keywords: MSDS, Farmers, Work mass, Repetitive activities, Work posture, Age, Gender.

ABSTRAK

Musculoskeletal Disorders (MSDS) merupakan penyebab utama kedua kecacatan terbanyak di dunia, yang mengurangi mobilitas dan kapasitas kerja. Angka kematian akibat kecelakaan kerja terus mengalami peningkatan, mencapai hampir 10% dalam lima tahun terakhir. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang mempengaruhi musculoskeletal disorders (MSDS) pada petani di Desa Bah Tonang Kecamatan Raya Kahean. Metode penelitian ini menggunakan jenis penelitian *Observasional Analitik* dengan desain *cross sectionan* dengan melakukan pengisian kuesioner. Sampel yang digunakan dalam penelitian ini para petani yang mengalami MSDS maupun tidak yang mengalami MSDS. Data dianalisis menggunakan SPSS dengan uji *chi-square* $p < 0.5$. Berdasarkan penelitian ini terdapat pengaruh antara hubungan massa kerja terhadap keluhan MSDS ($p\text{-value} = 0,000$), hubungan aktivitas berulang terhadap keluhan MSDS ($p\text{-value} = 0,000$), hubungan postur kerja terhadap MSDS ($p\text{-value} = 0,000$), hubungan usia terhadap keluhan MSDS ($p\text{-value} = 0,001$), hubungan jenis kelamin terhadap keluhan MSDS ($p\text{-value} = 0,003$). Saran, petani perlu menjaga postur tubuh saat bekerja, dengan cara menggunakan alat bantu yang tepat dan menghindari posisi membungkuk dalam waktu lama dan diharapkan pihak desa dapat menyelenggarakan penyuluhan rutin terkait MSDS, dengan melibatkan puskesmas atau tenaga kesehatan kerja, guna meningkatkan pemahaman petani mengenai bahaya MSDS.

Kata Kunci : MSDS, Petani, Massa Kerja, Aktivitas Berulang, Postur Kerja, Usia, Jenis Kelamin.