ABSTRAK

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Program Studi	:	S1 Kesehatan Masyarakat
Judul	:	Hubungan Postur Kerja dan Faktor Lain dengan Keluhan Sistem Muskuloskeletal pada Pekerja Kuli Panggul Kramat Jati Jakarta Tahun 2025

Pekerja kuli panggul merupakan salah satu kelompok pekerja sektor informal yang rentan mengalami keluhan muskuloskeletal akibat aktivitas manual handling berulang dengan beban berat. Aktivitas bongkar muat di Pasar Induk Kramat Jati dilakukan dengan intensitas tinggi, posisi kerja tidak ergonomis, serta beban angkut yang sering kali melebihi kapasitas angkat manusia. Kondisi ini dapat meningkatkan risiko *Musculoskeletal Disorders* (MSDs). Penelitian ini bertujuan untuk mengetahui hubungan antara masa kerja, postur kerja, repetisi, durasi kerja, dan beban kerja dengan keluhan muskuloskeletal pada pekerja kuli panggul di Pasar Induk Kramat Jati, Jakarta Timur. Jenis penelitian adalah kuantitatif dengan desain cross-sectional. Sampel penelitian sebanyak 56 pekerja kuli panggul dipilih dari total populasi 124 orang menggunakan metode purposive sampling. Instrumen penelitian menggunakan *Nordic Body Map* (NBM) untuk mengidentifikasi keluhan muskuloskeletal dan *Rapid Entire Body Assessment* (REBA) untuk menilai risiko postur kerja. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat signifikansi 0,05. Mayoritas responden mengalami keluhan muskuloskeletal kategori sedang (66,1%), diikuti kategori tinggi (30,4%), dan rendah (3,6%). Hasil uji bivariat menunjukkan terdapat hubungan signifikan antara masa kerja (p = 0,010), postur kerja (p = 0,002), dan beban kerja (p = 0,043) dengan keluhan muskuloskeletal (*p-value* < 0,05). Sementara itu, variabel umur (p = 0,762), repetisi (p = 0,140), dan durasi kerja (p = 0,073) tidak berhubungan dengan keluhan muskuloskeletal (*p-value* > 0,05). Keluhan muskuloskeletal pada pekerja kuli panggul dipengaruhi oleh masa kerja, postur kerja, dan beban kerja, sedangkan umur, repetisi, dan durasi kerja tidak terbukti berhubungan signifikan. Upaya pencegahan perlu difokuskan pada pengendalian postur kerja dan beban kerja, serta pemeriksaan kesehatan berkala bagi pekerja dengan masa kerja panjang. Hasil penelitian ini menyarankan perlunya pemeriksaan kesehatan berkala bagi pekerja dengan masa kerja panjang, edukasi mengenai teknik angkat beban yang aman, serta penyediaan alat bantu sederhana seperti troli untuk mengurangi risiko cedera muskuloskeletal.

Kata kunci: Keluhan muskuloskeletal, masa kerja, postur kerja, repetisi, durasi kerja, beban kerja, kuli panggul.

ABSTRACT

Name	:	Karina Anggia Rahmawati
Study Program	:	*Bachelor of Public Health*
Title	:	*The Relationship between Work Posture and Other Factors and Musculoskeletal System Complaints in Porters in Kramat Jati, Jakarta, in 2025*

Porter workers are one of the informal sector worker groups who are vulnerable to musculoskeletal complaints due to repetitive manual handling activities with heavy loads. Loading and unloading activities at Pasar Induk Kramat Jati are carried out with high intensity, non-ergonomic working postures, and transported loads that often exceed the normal human lifting capacity. These conditions may increase the risk of Musculoskeletal Disorders (MSDs). This study aimed to determine the relationship between years of service, working posture, repetition, working duration, and workload with musculoskeletal complaints among porter workers at Pasar Induk Kramat Jati, East Jakarta. This research is a quantitative study with a cross-sectional design. A total of 56 porter workers were selected from a population of 124 using purposive sampling. The research instruments were the Nordic Body Map (NBM) to identify musculoskeletal complaints and the Rapid Entire Body Assessment (REBA) to assess working posture risk. Data were analyzed using univariate and bivariate methods with the Chi-Square test at a 0.05 significance level. The majority of respondents experienced musculoskeletal complaints in the moderate category (66.1%), followed by high (30.4%) and low (3.6%). Bivariate analysis showed significant relationships between years of service ($p = 0.010$), working posture ($p = 0.002$), and workload ($p = 0.043$) with musculoskeletal complaints (p-value < 0,05). Meanwhile, age ($p = 0.762$), repetition ($p = 0.140$), and working duration ($p = 0.073$) were not significantly related to musculoskeletal complaints (p-value > 0,05). Musculoskeletal complaints among porter workers are influenced by years of service, working posture, and workload, while age, repetition, and working duration were not proven to have significant associations. Preventive efforts should focus on controlling working posture and workload, as well as regular health check-ups for long-serving workers. This study recommends periodic health examinations for workers with longer years of service, education on safe lifting techniques, and the provision of simple aids such as trolleys to reduce the risk of musculoskeletal injuries.

Keywords: *Musculoskeletal complaints, years of service, working posture, repetition, working duration, workload, porter workers.*