

ABSTRAK

Nama : Kholip Patun Nisa

Prodi : S1 Kesehatan Masyarakat

Judul :

“ANALISIS POSTUR KERJA DAN KARAKTERISTIK PEGAWAI TERHADAP KELUHAN MUSCULOSKELETAL DISORDERS PADA PEGAWAI DITJEN BINALAVOTAS MENGGUNAKAN METODE ROSA (*RAPID OFFICE STRAIN ASSESSMENT*) JAKARTA SELATAN TAHUN 2025”

Musculoskeletal Disorders (MSDs) merupakan masalah kesehatan kerja yang umum terjadi di lingkungan perkantoran, terutama postur kerja pegawai yang tidak ergonomis menjadi salah satu faktor risiko utamanya. Penelitian ini bertujuan untuk menganalisis hubungan antara postur kerja dan karakteristik pegawai dengan keluhan MSDs pada pegawai di Direktorat Jenderal Binalavotas. Penelitian ini menggunakan desain kuantitatif dengan metode *Cross-Sectional*. Populasi penelitian ini seluruh pegawai di 2 direktorat Ditjen Binalavotas sebanyak 93 pegawai yang seluruhnya dijadikan sebagai sampel penelitian dengan menggunakan teknik total sampling. Pengumpulan data dilakukan melalui kuesioner dan observasi yang akan dianalisis menggunakan uji *Chi-Square*. Pengukuran postur kerja menggunakan metode ROSA (*Rapid Office Strain Assessment*), sedangkan keluhan MSDs diukur menggunakan kuesioner NBM (*Nordic Body Map*). Hasil penelitian menunjukkan adanya hubungan yang signifikan antara postur kerja ($p = 0,031$) dan usia ($p = 0,023$) dengan keluhan MSDs. Sementara itu, tidak adanya hubungan pada jenis kelamin ($p = 0,210$) dan masa kerja ($p = 0,060$) dengan keluhan MSDs. Pada Penelitian ini postur kerja dan usia menjadi faktor dominan yang berkontribusi terhadap keluhan MSDs. Instansi disarankan mengadakan program sosialisasi yang berfokus pada edukasi ergonomi melalui pemanfaatan fasilitas kantor yang ada serta pembentukan petugas pengawasan untuk melakukan pengecekan rutin dan perbaikan langsung terhadap posisi kerja ergonomis pegawai.

Kata Kunci : Muskuloskeletal Disorder (MSDs), Postur Kerja, ROSA (*Rapid Office Strain Assessment*), NBM (*Nordic Body Map*).

ABSTRACT

Name : Kholip Patun Nisa

Study Program : Bachelor of Public Health

Title :

“ANALYSIS OF WORK POSTURE AND EMPLOYEE CHARACTERISTICS REGARDING MUSCULOSKELETAL DISORDER COMPLAINTS IN EMPLOYEES OF THE DIRECTORATE GENERAL OF OCCUPATIONAL SAFETY AND HEALTH USING THE ROSA METHOD (RAPID OFFICE STAIN ASSESSMENT) SOUTH JAKARTA IN 2025”

Musculoskeletal Disorders (MSDs) are a common occupational health problem in residential environments, especially non-ergonomic employee work postures being one of the main risk factors. This study aims to analyze the relationship between work posture and employee characteristics with MSDs complaints in employees at the Directorate General of Binalavotas. This study uses a quantitative design with a Cross-Sectional method. The population of this study was all employees in 2 directorates of the Directorate General of Binalavotas, totaling 93 employees who were all sampled as research using a total sampling technique. Data collection was carried out through questionnaires and observations that will be analyzed using the Chi-Square test. Measurement of work posture using the ROSA (Rapid Office Strain Assessment) method, while MSDs complaints were measured using the NBM (Nordic Body Map) questionnaire. The results of the study showed a significant relationship between work posture ($p = 0.031$) and age ($p = 0.023$) with MSDs complaints. Meanwhile, there was no relationship between gender ($p = 0.210$) and length of service ($p = 0.060$) with MSD complaints. In this study, work posture and age were the dominant factors contributing to MSD complaints. Institutions are advised to hold socialization programs that focus on ergonomic education through the utilization of existing office facilities and the formation of supervisory officers to conduct routine checks and direct improvements to employee ergonomic work positions.

Keywords: Musculoskeletal, Work Posture, ROSA, NBM.