

ABSTRAK

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Program Studi : S1 Kesehatan Masyarakat
Judul : “Faktor-Faktor yang Berhubungan dengan Keluhan *Musculoskeletal Disorders* (MSDs) pada Pekerja di PT Lucky Light Globalindo Tahun 2026”

Musculoskeletal Disorders (MSDs) merupakan gangguan yang menyerang sistem gerak tubuh meliputi otot, tulang, sendi, dan jaringan ikat yang menjadi penyebab utama disabilitas fisik secara global. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja di PT Lucky Light Globalindo. Jenis penelitian adalah kuantitatif dengan desain *cross-sectional*. Sampel dalam penelitian ini berjumlah 74 pekerja yang ditentukan menggunakan teknik *total sampling*. Instrumen yang digunakan dalam penelitian ini meliputi kuesioner *Nordic Body Map* (NBM) untuk mengukur tingkat keluhan *Musculoskeletal Disorders* (MSDs), serta lembar *Rapid Entire Body Assessment* (REBA) yang diisi berdasarkan hasil observasi langsung terhadap postur kerja responden. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan bahwa responden mengalami keluhan *Musculoskeletal Disorders* (MSDs) kategori risiko rendah (79,7%), diikuti kategori risiko tinggi (20,3%). Hasil uji bivariat menunjukkan tidak terdapat hubungan antara usia ($p = 0,771$), jenis kelamin ($p = 0,265$), kebiasaan merokok ($p = 0,575$), kebiasaan olahraga ($p = 0,367$), status gizi ($p = 0,523$), masa kerja ($p = 0,124$), postur kerja ($p = 0,543$), maupun durasi kerja ($p = 0,190$) dengan keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja di PT Lucky Light Globalindo. Meskipun secara statistik tidak ditemukan hubungan, keluhan MSDs tetap ditemukan pada sebagian pekerja, terutama pada bagian leher, punggung, dan pinggang. Perusahaan disarankan melakukan upaya edukasi dan intervensi ergonomi, seperti penerapan aturan 20-20-20, edukasi *stretching* mandiri, *safety talk* postur kerja ergonomis, pemasangan poster edukatif di area kerja, serta pengoptimalan jadwal olahraga bersama pekerja secara bergilir.

Kata Kunci: *Musculoskeletal Disorders* (MSDs), *Nordic Body Map* (NBM), *Rapid Entire Body Assessment* (REBA), faktor individu, faktor pekerjaan.

ABSTRACT

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Study Program : Bachelor of Public Health
Title : “Factors Associated with Musculoskeletal Disorders (MSDs) Complaints among Workers at PT Lucky Light Globalindo in 2026”

Musculoskeletal Disorders (MSDs) are disorders affecting the body's musculoskeletal system, including muscles, bones, joints, and connective tissues, which represent a leading cause of physical disability globally. This study aims to determine the factors associated with Musculoskeletal Disorders (MSDs) complaints among workers at PT Lucky Light Globalindo. This was a quantitative study with a cross-sectional design. The sample consisted of 74 workers selected using the total sampling technique. The instruments used included the Nordic Body Map (NBM) questionnaire to measure the severity of Musculoskeletal Disorders (MSDs) complaints and the Rapid Entire Body Assessment (REBA) sheet completed through direct observation of the respondents' working postures. Data were analyzed using univariate and bivariate analysis with the Chi-Square test. The results showed that the majority of respondents experienced Musculoskeletal Disorders (MSDs) complaints in the low-risk category (79.7%), followed by the high-risk category (20.3%). Bivariate analysis revealed no significant association between age ($p = 0.771$), gender ($p = 0.265$), smoking habits ($p = 0.575$), physical activity habits ($p = 0.367$), nutritional status ($p = 0.523$), tenure ($p = 0.124$), working posture ($p = 0.543$), or working duration ($p = 0.190$) and Musculoskeletal Disorders (MSDs) complaints among workers at PT Lucky Light Globalindo. Although no statistical associations were found, MSDs complaints were still identified among some workers, particularly in the neck, upper back, and lower back areas. The company is advised to implement ergonomic educational efforts and interventions, such as applying the 20-20-20 rule, providing education on independent stretching exercises, conducting safety talks on ergonomic working postures, displaying educational posters in work areas, and optimizing rotational group sports activities for workers.

Keywords: *Musculoskeletal Disorders (MSDs), Nordic Body Map (NBM), Rapid Entire Body Assessment (REBA), individual factors, occupational factors.*