

HUBUNGAN FAKTOR BEBAN KERJA DAN FAKTOR INDIVIDU DENGAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PEKERJA CLEANING SERVICE DI UNIVERSITAS JENDERAL SOEDIRMAN

ABSTRAK

Latar Belakang: *Musculoskeletal Disorders* (MSDs) adalah keluhan pada bagian otot-otot skeletal yang dirasakan seseorang mulai dari keluhan yang sangat ringan sampai berat. Faktor risiko yang mempengaruhi *Musculoskeletal Disorders* diantaranya faktor beban dan faktor individu yaitu usia, IMT, kebiasaan merokok, kebiasaan olahraga dan masa kerja. Salah satu sektor usaha formal yang memiliki risiko kesehatan yang cukup tinggi diantaranya adalah pekerjaan *cleaning service*. **Tujuan:** Untuk mengetahui hubungan faktor beban kerja dan faktor individu dengan keluhan *musculoskeletal disorders* (MSDs) pada pekerja *cleaning service* di Universitas Jenderal Soedirman. **Metode Penelitian:** Desain penelitian ini menggunakan desain korelasi dengan pendekatan kuantitatif menggunakan jenis analitik observasional dan *cross-sectional*. Variabel terikat keluhan *Musculoskeletal Disorders* (MSDs) dan variabel bebas *force/beban*, usia, IMT, kebiasaan merokok, kebiasaan olahraga dan masa kerja. Jumlah sampel sebanyak 63 pekerja *cleaning service* dengan teknik pangambilan metode *Cluster Random Sampling*. Pengumpulan data menggunakan *nordic body map* dan wawancara dengan kuesioner. Analisis data univariat menggunakan frekuensi distribusi dan analisis data bivariat menggunakan uji spearman untuk mengetahui adanya korelasi. **Hasil:** sebanyak 53 responden (84,1%) memiliki keluhan ringan MSDs dan 10 responden (15,9%) memiliki keluhan sedang MSDs. Hasil analisis bivariat menunjukkan faktor risiko yang berhubungan dengan keluhan MSDs adalah beban kerja dengan tingkat signifikan 0,000 dan nilai koefisien korelasi 0,708 dan untuk masa kerja tingkat signifikan 0,002 dan nilai koefisien korelasi 0,386. Sedangkan faktor risiko usia, IMT, kebiasaan merokok dan kebiasaan olahraga tidak berhubungan dengan keluhan MSDs pada pekerja *cleaning service* di Universitas Jenderal Soedirman. **Kesimpulan:** Penelitian menunjukkan faktor beban kerja dan faktor individu yaitu masa kerja berpengaruh secara signifikan terhadap keluhan *Musculoskeletal Disorders* (MSDs) pada pekerja *cleaning service* di Universitas Jenderal Soedirman.

Kata Kunci : *Musculoskeletal Disorders*, *cleaning service*, beban kerja

**THE RELATIONSHIP OF WORKLOAD FACTOR AND INDIVIDUAL
FACTORS WITH MUSCULOSKELETAL DISORDERS (MSDs) ON
CLEANING SERVICE WORKERS AT THE UNIVERSITY OF JENDERAL
SOEDIRMAN**

ABSTRACT

Background: Musculoskeletal Disorders (MSDs) are complaints in the skeletal muscles that are felt by a person ranging from very mild to severe complaints. Risk factors that affect Musculoskeletal Disorders (MSDs), include workload factor and individual factors such as age, body mass index, smoking habits, exercise habits and years of service. One of the formal business sectors that has a fairly high health risk is cleaning service. **Objective:** This study aims to determine the relationship between workload factors and individual factors with the incidence of musculoskeletal disorders (MSDs) in cleaning service workers at Jenderal Soedirman University. **Research Methods:** Quantitative research using observational analytic research and cross-sectional design, with the influence variable of Musculoskeletal Disorders (MSDs) complaints and independent variables such as force/load, age, body mass index, smoking habits, exercise habits and years of work. The number of samples in this study were 63 cleaning service workers with the sampling technique of the Cluster Random Sampling method. Collecting data using nordic body map and interviews with questionnaires. Univariate data analysis using the frequency distribution and bivariate data analysis using the Spearman test to determine the correlation. **Results:** 53 respondents (84.1%) had mild complaints of MSDs and 10 respondents (15.9%) had moderate complaints of MSDs. The results of the bivariate analysis showed that the risk factors associated with MSDs complaints were workload with a significance level of 0.000 and a correlation coefficient value of 0.708 and for years of service a significance level of 0.002 and a correlation coefficient value of 0.386. While the risk factors for age, BMI, smoking habits and exercise habits were not associated with MSDs complaints in cleaning service workers at Jenderal Sudirman University. **Conclusion:** The study showed that the workload and individual factor namely the length of service, had a significant effect on complaints of Musculoskeletal Disorders (MSDs) in cleaning service workers at Jenderal Sudirman University.

Keywords: *Musculoskeletal Disorders, cleaning service, workload*