ABSTRAK

ANALISIS *MUSCULOSKELETAL DISORDERS* PADA PETANI PADI DENGAN *NORDIC BODY MAP* DAN PENILAIAN POSTUR KERJA MENGGUNAKAN *AGRICULTURAL WHOLE-BODY ASSESSMENT*

(Studi Kasus: Petani Padi Kecamatan Sumbang, Banyumas)

BIO KALIRAMA
H1E019036

Petani padi di wilayah Kecamatan Sumbang mayoritas masih bekerja dengan cara manual, artinya masih memakai energi fisik dibandingkan alat bantu pertanian. Petani padi menghabiskan waktu di sawah dengan kegiatan mencangkul, menanam, memanen, atau bahkan membajak sawah secara manual dengan postur kerja yang membungkuk dengan durasi yang lama rentan memungkinkankan para petani mengalami gangguan otot rangka. Tujuan penelitian ini untuk mengetahui keluhan *musculoskeletal* dan tingkat risiko postur kerja manual petani padi serta usulan perbaikan dari suatu risiko dalam aktifitas petani padi. Metode pengumpulan data yang digunakan pada penilitian ini dengan observasi dan wawancara sedangkan pengolahan data menggunakan *Nordic Body Map* dan *Agriculutral Whole-Body Assesment* dengan jumlah sampel 30 responden petani padi (17 laki-laki) dengan usia 56,06 ± 7,40 tahun. Berdasarkan hasil penelitian bagian tubuh petani padi dari kuesioner *Nordic Body Map* yang paling banyak mengalami keluhan yaitu pinggang 0,57, pinggul 0,53, dan punggung 0,50. Hasil AWBA memiliki skor postur sebanyak 1 aktifitas 11% berkategori *very high*, 5 aktifitas 56% berkategori *high*, 3 aktifitas 33% berkategori *little high*. Sedangkan hasil skor AWBA untuk durasi postur dari 9 aktifitas berkategori *very high*. Dengan usulan berupa alat bantu petani pada aktifitas penyiangan nilai risiko postur petani padi mengalami penurunan yang sebelumnya berkategori *very high* menjadi kategori *little high*.

Kata Kunci: *agricultural whole-body assessment*, *nordic body map,* postur kerja

ABSTRACT

ANALYSIS OF MUSCULOSKELETAL DISORDERS IN RICE FARMERS WITH NORDIC BODY MAP AND WORK POSTURE ASSESSMENT USING AGRICULTURAL WHOLE-BODY ASSESSMENT

(Case Study: Rice Farmers in Sumbang District, Banyumas)

BIO KALIRAMA
H1E019036

The majority of rice farmers in the Sumbang District area still work manually, meaning they still use physical energy compared to agricultural aids. Rice farmers spend time in the rice fields with activities of hoeing, planting, harvesting, or even ploughing the fields manually with a hunched posture for a long duration that is vulnerable to allowing farmers to experience skeletal muscle disorders. The purpose of this study is to find out musculoskeletal complaints and the level of risk of manual work posture of rice farmers as well as proposed improvements from a risk in rice farmer activities. The data collection method used in this study was by observation and interview, while the data processing used Nordic Body Map and Agriculutral Whole-Body Assessment with a sample of 30 respondents from rice farmers (17 males) with an age of 56.06 ± 7.40 years. Based on the results of the research, the body parts of rice farmers from the Nordic Body Map questionnaire that experienced the most complaints were waist 0.57, hips 0.53, and back 0.50. The AWBA results had a posture score of 1 activity of 11% in the very high category, 5 activities of 56% in the high category, 3 activities of 33% in the little high category. Meanwhile, the AWBA score results for the duration of posture from 9 activities are categorized as very high. With a proposal in the form of farmer aids in weeding activities, the risk value of rice farmers' posture has decreased, which was previously in the very high category to the little high category.

Keywords: agricultural whole-body assessment, nordic body map, work posture