

CHAPTER V CONCLUSION AND SUGGESTION

A. Conclusion

1. Based on individual characteristics, the results of this study state that the respondents were male (61.30%), the age range of respondents was 25-35 years (70.97%), the BMI of respondents were normal in the range of 18.5-22.9 (35.49%), the respondents have the last level of education Diploma 3 (61.30%), and were married (83.87%).
2. Based on job characteristics, the results of this study state that respondents work duration were ≥ 7 hours (100%), have a work period of > 5 years (51.61%), and as many as 15 respondents (48.39%) work over time.
3. Based on the results of the Nordic Body Map questionnaire, it was found that as many as 26 respondents (83.87%) felt mild pain with a value of 29-57 and based on the results of the Quick Exposure Check questionnaire for each body part, including back (static + moving), most respondents were in low exposure as many as 11 respondents (35.50%) in back of the body, most respondents were in low exposure as many as 10 respondents (32.30%) in shoulder or arm, most respondents were in low exposure as many as 12 respondents (38.70%) in wrist or hand, and most respondents were in high exposure as many as 12 respondents (38.70%) in the neck.

B. Suggestion

1. For Respondent Institutions Work
A commitment from top management is needed to improve nurses occupational safety and health related to ergonomic risks. This can be done by providing appropriate stretching and strengthening exercises, and implementing a progressive aerobic program to improve overall fitness.
2. For Further Research
It is recommended to future researchers to conduct direct observation and document the position or work posture of nurses when serving patients, in order to obtain a more in-depth picture of the condition of nurses while working.