

HUBUNGAN BEBAN KERJA KUALITATIF DENGAN KEJADIAN NYERI BAHU PADA PETANI PADI DI DESA TAMBAKSARI KIDUL PUROKERTO

Abstrak

Latar Belakang: Nyeri bahu merupakan salah satu gangguan muskuloskeletal yang umum dialami oleh petani akibat aktivitas fisik yang berat, posisi kerja yang tidak ergonomis, serta penggunaan alat bertani yang berisiko. Penelitian ini menggunakan pengukuran beban kerja yang berasal dari perkalian durasi kerja dan masa kerja petani sehingga, menjadi pembaharuan dari penelitian sebelumnya. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara beban kerja kualitatif dengan keluhan nyeri bahu pada petani padi di Desa Tambaksari Kidul, Kabupaten Banyumas.

Metodologi: Penelitian ini menggunakan pendekatan kuantitatif dengan desain potong lintang. Subjek sebanyak 50 petani laki-laki dipilih menggunakan metode *purposive sampling* berdasarkan kriteria inklusi yaitu petani laki-laki dengan usia >40 tahun dan bekerja sebagai petani padi. Data dikumpulkan menggunakan kuesioner beban kerja, kuesioner SPADI (Shoulder Pain and Disability Index), serta pengukuran indeks massa tubuh dan riwayat trauma. Analisis data dilakukan dengan uji *Chi-square* dan regresi logistik metode *backward*.

Hasil: Analisis univariat menunjukkan bahwa 62% responden mengalami nyeri bahu. Analisis bivariat menunjukkan tidak terdapat hubungan signifikan antara beban kerja kualitatif dan nyeri bahu ($p = 0,901$). Hasil analisis multivariat menunjukkan bahwa indeks massa tubuh ($p = 0,029$; OR = 5,26) dan riwayat trauma bahu ($p = 0,008$; OR = 12,67) memiliki hubungan signifikan dengan keluhan nyeri bahu. **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara beban kerja kualitatif dan keluhan nyeri bahu. Namun, indeks massa tubuh tinggi dan riwayat trauma menjadi faktor risiko signifikan terhadap kejadian nyeri bahu pada petani padi, sehingga penting dilakukan upaya preventif dan intervensi ergonomi.

Kata kunci: beban kerja, ergonomi, indeks massa tubuh, nyeri bahu, trauma

THE RELATIONSHIP BETWEEN QUALITATIVE WORKLOAD AND THE INCIDENCE OF SHOULDER PAIN IN RICE FARMERS IN TAMBAKSARI KIDUL VILLAGE, PUROKERTO

Abstract

Background: Shoulder pain is one of the most common musculoskeletal complaints experienced by farmers due to repetitive physical activity, awkward working posture, and poor ergonomic practices in traditional farming. The measurement of workload in this study was calculated by multiplying the duration of work with the length of time the farmers have been working, thus serving as a refinement from previous research. **Objective:** This study aimed to analyze the relationship between qualitative workload and the incidence of shoulder pain among rice farmers in Tambaksari Kidul Village, Banyumas Regency. **Methodology:** The study employed a cross-sectional quantitative approach. A total of 50 male farmers were selected using purposive sampling based on inclusion criteria, which included male farmers over 40 years old actively working as rice farmers. Data were collected using a qualitative workload questionnaire, the Shoulder Pain and Disability Index, and physical measurements including body mass index and trauma history. Data were analyzed using Chi-square and logistic regression tests. **Results:** The findings show that 62% of respondents experience shoulder pain. There is no significant relationship between qualitative workload and shoulder pain ($p = 0.901$). However, farmers with high body mass index ($p = 0.029$; $OR = 5.26$) and a history of shoulder trauma ($p = 0.008$; $OR = 12.67$) are significantly more likely to report shoulder pain. **Conclusion:** There is not statistically significant relationship between qualitative workload and shoulder pain among rice farmers. Nevertheless, high body mass index and a history of trauma are confirmed as significant risk factors for shoulder pain. Preventive measures and ergonomic interventions are needed to reduce the prevalence of shoulder complaints in farming populations.

Keywords: body mass index, ergonomics, qualitative workload, shoulder pain, trauma