

ABSTRAK

HUBUNGAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) DENGAN KINERJA PERAWAT DI RUANG INSTALASI GAWAT DARURAT (IGD)

Dwi Hera Ulfia¹, Desiyani Nani², Hikmi Muharromah Pratiwi³

Latar Belakang: Perawat Instalasi Gawat Darurat (IGD) memiliki risiko tinggi mengalami keluhan *musculoskeletal disorders* (MSDs) karena tingginya beban kerja dan tuntutan aktivitas fisik yang berat. Keluhan MSDs berpotensi menurunkan kemampuan teknis, meningkatkan kelelahan, serta angka absensi dan cuti sakit, sehingga dapat berdampak pada kinerja perawat. Penelitian ini bertujuan untuk mengetahui hubungan keluhan MSDs dengan kinerja perawat di ruang IGD RSUD Prof. Dr. Margono Soekarjo.

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Penelitian dilaksanakan di ruang IGD RSUD Prof. Dr. Margono Soekarjo dengan melibatkan 32 perawat melalui teknik *total sampling*. Keluhan MSDs diukur menggunakan *Nordic Body Map* (NBM), sedangkan kinerja diukur menggunakan *Individual Work Performance Questionnaire* (IWPQ). Analisis hubungan antara kedua variabel dilakukan menggunakan uji *Somers'D*.

Hasil: Mayoritas responden mengalami keluhan MSDs kategori ringan yaitu sebesar 84,4%, sedangkan 40,63% memiliki kinerja pada kategori tinggi. Hasil uji bivariat menunjukkan bahwa tidak terdapat hubungan yang signifikan antara keluhan MSDs dengan kinerja perawat ($p=0,225$, $D=-202$).

Kesimpulan: Keluhan MSDs yang dialami perawat tidak memiliki hubungan signifikan dengan kinerja perawat di ruang IGD.

Kata Kunci: Instalasi gawat darurat; kinerja perawat; *musculoskeletal disorders*

¹Mahasiswa Jurusan Keperawatan FIKES, Universitas Jenderal Soedirman

²Dosen Jurusan Keperawatan FIKES, Universitas Jenderal Soedirman

³Dosen Jurusan Keperawatan FIKES, Universitas Jenderal Soedirman

ABSTRACT

THE RELATIONSHIP BETWEEN MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINT AND NURSE PERFORMANCE IN THE EMERGENCY DEPARTMENT (ED)

Dwi Hera Ulfia¹, Desiyani Nani², Hikmi Muharromah Pratiwi³

Background: Emergency Department (ED) nurses have a high risk of experiencing musculoskeletal disorders (MSDs) complaints due to heavy workloads and demanding physical activities. MSDs complaints have the potential to reduce technical ability, increase fatigue, as well as raise absenteeism and sick leave rates, which can impact nurse performance. This study aims to determine the relationship between MSDs complaints and the performance of nurses in the ED at Prof. Dr. Margono Soekarjo Regional General Hospital.

Method: This study used a quantitative design with a cross-sectional approach. The research was conducted in ED at Prof. Dr. Margono Soekarjo Regional General Hospital, involving 32 nurses were through total sampling technique. MSDs complaint were measured using the Nordic Body Map (NBM), while performance was measured using the Individual Work Performance Questionnaire (IWPQ). The relationship between the two variables was analyzed using the Somers'D test.

Result: The majority of respondents experienced mild MSDs complaints, accounting for 84,4%, while 40,63% had high performance levels. Bivariate test result showed no significant relationship between MSDs complaints and nurse performance ($p=0,225$, $D=-202$).

Conclusion: MSDs complaints experienced by nurses have no significant relationship with nurse performance in the emergency department.

Keyword: emergency department; musculoskeletal disorders; nurses performance

¹Student of Nursing Department, FIKES, Jenderal Soedirman University

²Lecturer of Nursing Department, FIKES, Jenderal Soedirman University

³Lecturer of Nursing Department, FIKES, Jenderal Soedirman University