

ABSTRAK

GAMBARAN KELUHAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PERAWAT DI KLINIK LUKA DIABETES

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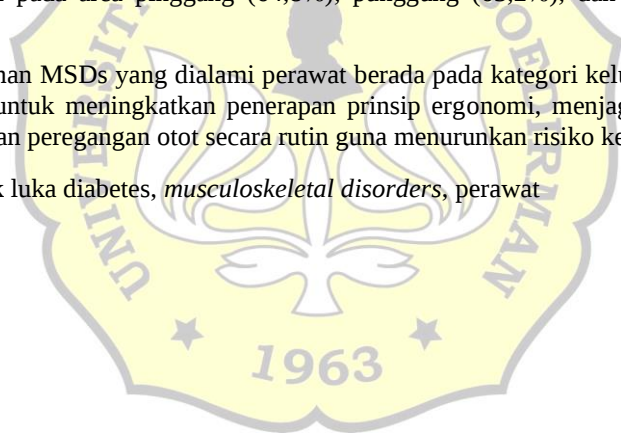
Latar Belakang: *Musculoskeletal Disorders* (MSDs) merupakan salah satu keluhan akibat kerja yang banyak dialami oleh perawat, terutama pada layanan yang membutuhkan ketelitian dan durasi kerja panjang seperti perawat yang melakukan perawatan luka diabetes. Penelitian ini bertujuan untuk mengetahui gambaran keluhan musculoskeletal disorders (MSDs) pada perawat yang bekerja di Klinik Luka Diabetes, yaitu RUMAT Indonesia.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan teknik *consecutive sampling*. Data diperoleh dari 139 perawat yang memenuhi kriteria inklusi melalui kuesioner *Nordic Body Map* (NBM). Analisis yang digunakan adalah analisis univariat untuk mendeskripsikan frekuensi dan persentase karakteristik responden dan gambaran keluhannya.

Hasil: Hasil penelitian menunjukkan bahwa seluruh perawat berada pada usia produktif dengan median usia 27 tahun, memiliki median masa kerja 2 tahun, serta durasi kerja rata-rata 8 jam per hari. Sebagian besar responden berjenis kelamin perempuan (86,3%) dan berada pada kategori IMT normal (38,1%). Terkait keluhan musculoskeletal disorders (MSDs), sebagian besar perawat mengalami keluhan kategori ringan, yaitu 118 responden (84,9%), sementara 15 responden (10,8%) tidak mengalami keluhan dan 6 responden (4,3%) mengalami keluhan sedang. Lokasi keluhan tertinggi dilaporkan pada area pinggang (64,8%), punggung (63,2%), dan leher bagian bawah (46,1%).

Kesimpulan: Keluhan MSDs yang dialami perawat berada pada kategori keluhan ringan. Perawat direkomendasikan untuk meningkatkan penerapan prinsip ergonomi, menjaga postur kerja yang baik, serta melakukan peregangan otot secara rutin guna menurunkan risiko keluhan MSDs.

Kata Kunci: Klinik luka diabetes, *musculoskeletal disorders*, perawat



ABSTRACT

DESCRIPTION OF MUSCULOSKELETAL DISORDERS (MSDs) COMPLAINTS AMONG NURSES AT A DIABETES WOUND CLINIC

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Background: Musculoskeletal Disorders (MSDs) are one of the most common work-related complaints experienced by nurses, particularly in wound care services that require precision and long working durations, such as diabetes wound care. This study aims to describe musculoskeletal disorder complaints among nurses working at the Diabetes Wound Clinic, RUMAT Indonesia.

Methods: This study employed a quantitative descriptive design with a consecutive sampling technique. Data were obtained from 139 nurses who met the inclusion criteria using the Nordic Body Map (NBM) questionnaire and a questionnaire on individual and work characteristics. The analysis used was univariate analysis to describe the frequency and percentage of respondent characteristics and their complaints.

Results: The results showed that all nurses were in the productive age group with a median age of 27 years, had a median work tenure of 2 years, and worked an average of 8 hours per day. The majority of respondents were female (86.3%) and within the normal BMI category (38.1%). Regarding musculoskeletal disorders (MSDs), most nurses experienced mild complaints, with 118 respondents (84.9%), while 15 respondents (10.8%) reported no complaints and 6 respondents (4.3%) experienced moderate complaints. The most commonly affected body areas were the waist (64,8%), back (63,2%), and lower neck (46,1%).

Conclusion: MSD complaints experienced by nurses were predominantly in the mild category. Therefore, it is recommended that nurses enhance the application of ergonomic principles, maintain proper working posture, and perform regular muscle stretching to reduce the risk of MSDs.

Keywords: Diabetes wound clinic, musculoskeletal disorders, nurses