

ABSTRAK

HUBUNGAN POSTUR KERJA TERHADAP KEJADIAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PERAWAT PELAKSANA DI RUANG BEDAH

Najwa Khoirunnisa¹, Desiyani Nani², Wahyu Ekowati³

Latar Belakang: *Musculoskeletal Disorders* (MSDs) merupakan salah satu masalah kesehatan kerja yang sering dialami oleh perawat pelaksana akibat aktivitas kerja yang menuntut postur tubuh tidak ergonomis, gerakan berulang, dan beban kerja fisik. Perawat pelaksana di ruang rawat bedah memiliki risiko tinggi mengalami keluhan *MSDs* karena keterlibatan langsung dalam aktivitas *manual patient handling* (MPH) dan tindakan keperawatan kolaboratif. Penelitian ini bertujuan untuk mengetahui hubungan antara postur kerja dengan kejadian *MSDs* pada perawat pelaksana di ruang bedah.

Metode: Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross sectional*. Penelitian dilaksanakan di Ruang Bedah RSUD Prof. Dr. Margono Soekarjo pada bulan November 2025 dengan melibatkan 50 perawat pelaksana yang diperoleh menggunakan teknik *probability sampling* dengan *stratified random sampling*. Pengumpulan data dilakukan melalui observasi dan kuesioner. Postur kerja dinilai menggunakan *Rapid Entire Body Assessment* (REBA), sedangkan keluhan *MSDs* diukur menggunakan *Nordic Body Map* (NBM). Analisis data bivariat menggunakan uji korelasi *Somers'D*.

Hasil: Mayoritas responden berada pada kategori postur kerja dengan tingkat cedera sedang (76,00%), dan mengalami keluhan *MSDs* ringan (82,00%). Hasil uji statistik menunjukkan $p = 0,365$ dan $D = 0,136$, yang menunjukkan bahwa tidak terdapat hubungan signifikan antara postur kerja terhadap kejadian *MSDs* pada perawat pelaksana.

Kesimpulan: Tidak terdapat hubungan signifikan antara postur kerja terhadap kejadian *MSDs* pada perawat pelaksana di ruang bedah.

Kata kunci: Ergonomis, *Musculoskeletal disorders* (MSDs), Perawat pelaksana, Postur kerja, Ruang Bedah

¹Mahasiswa Jurusan Keperawatan, Fakultas Ilmu-ilmu Kesehatan, Universitas Jenderal Soedirman.

^{2,3}Dosen Jurusan Keperawatan, Fakultas Ilmu-ilmu Kesehatan, Universitas Jenderal Soedirman.

ABSTRACT

THE RELATIONSHIP BETWEEN WORK POSTURE AND THE OCCURRENCE OF MUSCULOSKELETAL DISORDERS (MSDs) AMONG STAFF NURSES IN THE SURGICAL WARD

Najwa Khoirunnisa¹, Desiyani Nani², Wahyu Ekowati³

Background: Musculoskeletal Disorders (MSDs) are common occupational health issues among associate nurses, primarily due to non-ergonomic postures, repetitive movements, and physical workload. Associate nurses in surgical ward are at high risk of MSDs because of their involvement in manual patient handling (MPH) and collaborative nursing interventions. This study aimed to examine the relationship between work posture and the occurrence of MSDs among associate nurses in surgical ward.

Method: This study used a quantitative correlational design with a cross-sectional approach. The research was conducted in the Surgical Ward of RSUD Prof. Dr. Margono Soekarjo in November 2025 and involved 50 staff associate nurse, selected using probability sampling with a stratified random sampling technique. Data were collected through observation and questionnaires. Work posture was assessed using the Rapid Entire Body Assessment (REBA), while MSDs were measured using the Nordic Body Map (NBM). Bivariate analysis was performed using the *Somers' D* correlation test.

Result: The majority of respondents were classified in the moderate-risk work posture category (76,00%), and the mild MSDs (82,00%). The Bivariate test showed no significant relationship between work posture and the occurrence of MSDs, $p = 0.365$ and $D = 0.136$.

Conclusion: There was no significant relationship between work posture and the occurrence of MSDs among associate nurses in surgical ward.

Keywords: Ergonomics, Musculoskeletal Disorders (MSDs), Associate Nurses, Work Posture, Surgical Ward

¹Student of Nursing Departement, Faculty of Health Sciences, Jenderal Soedirman University.

^{2,3}Lectrurer of Nursing Departement, Faculty of Health Sciences, Jenderal Soedirman University.