

Faktor Risiko *Musculoskeletal Disorders* pada Buruh Pabrik Bulu Mata Palsu di PT Hyup Sung Indonesia

ABSTRAK

Latar Belakang: *Musculoskeletal Disorders* (MSDs) merupakan gangguan atau cedera pada sistem muskuloskeletal yang dipengaruhi oleh faktor individu, pekerjaan, dan lingkungan. Pekerja sebagai buruh pembuatan bulu mata palsu berisiko mengalami MSDs karena proses pembuatan produksi dilakukan secara manual. **Tujuan:** Penelitian ini bertujuan mengetahui faktor-faktor yang berisiko menyebabkan MSDs pada buruh pabrik bulu mata palsu di PT Hyup Sung Indonesia. **Metodologi:** Penelitian bersifat observasional analitik dengan desain *cross sectional study* pada 84 buruh pabrik bulu mata palsu bagian produksi PT Hyup Sung Indonesia, yang dipilih secara *consecutive sampling*. Variabel terikat adalah MSDs dan variabel bebas meliputi faktor individu (usia, jenis kelamin, kebiasaan olahraga, merokok, IMT, gangguan mental) dan faktor pekerjaan (postur kerja, masa kerja, durasi kerja). Pengumpulan data menggunakan kuesioner karakteristik responden, *Nordic Body Map*, REBA, PSS-10, *microtoise*, dan timbangan. Pengolahan data menggunakan uji statistik Univariat dan Uji Bivariat *Spearman*. **Hasil:** Hasil uji univariat dari 84 responden diperoleh 35,7% mengalami MSDs risiko rendah dan 64,3% MSDs risiko sedang-tinggi. Hasil uji bivariat *Spearman* dan uji *Eta* menunjukkan postur kerja ($p=0.001$) dan masa kerja ($p=0.018$) memiliki hubungan signifikan dengan MSDs. **Kesimpulan:** Terdapat hubungan signifikan antara postur kerja dan masa kerja dengan MSDs. Oleh karena itu, pekerja disarankan untuk mengatur waktu istirahat dan melakukan peregangan otot, sementara perusahaan perlu memperbaiki desain stasiun kerja.

Kata Kunci: *Musculoskeletal Disorders* (MSDs), Buruh Pabrik Bulu Mata Palsu, Faktor Risiko, Postur Kerja, Masa Kerja.

Risk Factors for Musculoskeletal Disorders in Artificial Eyelash Workers at PT Hyup Sung Indonesian

ABSTRACT

Background: Musculoskeletal Disorders (MSDs) are injuries affecting the musculoskeletal system. MSDs are influenced by individual factors, occupational factors, and environmental factors. In Indonesian, a study involving 9,482 workers found that 16% experienced MSDs. Artificial eyelash workers are risk of MSDs due to manual handling processes and repetitive movements in the production process. **Objective:** This study aimed to identify risk factors associated with MSDs in artificial eyelash workers at PT Hyup Sung Indonesian. **Methods:** This study was an analytical observational study with a cross sectional design involving 84 production workers at the artificial eyelash of PT Hyup Sung Indonesian selected through consecutive sampling. The dependent variable was MSDs and the independent variables included individual factors (age, gender, exercise, smoking, BMI, mental disorders) and occupational factors (work posture, length of employment, work duration). Data were collected using questionnaires, Nordic Body Map, REBA, PSS-10, and anthropometric measurements. Data were analyzed using univariate analysis, Spearman, and Eta bivariate analysis. **Results:** Of the 84 respondents, 35,7% workers low risk and 64,3% workers moderate to high risk MSDs. Work posture ($p=0.001$) and length of employment ($p=0.018$) are significant association with MSDs. **Conclusion:** It was a significant association between work posture and length of employment with MSDs. Therefore, workers are advise to manage rest periods and muscle stretching during work, while the company should improve the design of workstations.

Keywords: Musculoskeletal Disorders, Artificial Eyelash Workers, Risk Factors, Work Posture, Length of Employment.