

## ABSTRAK

### HUBUNGAN POSTUR KERJA DENGAN RISIKO *MUSCULOSKELETAL DISORDERS* (MSDs) PADA PETANI DI DESA SANGANOM KECAMATAN NGULING

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Petani merupakan kelompok pekerja yang memiliki risiko tinggi mengalami *Musculoskeletal Disorders* (MSDs) akibat aktivitas kerja fisik yang berat, gerakan berulang, dan postur kerja yang tidak ergonomis dengan waktu yang cukup lama. Penelitian ini bertujuan untuk mengetahui hubungan postur kerja dengan risiko *Musculoskeletal Disorders* (MSDs) pada petani di Desa Sanganom Kecamatan Nguling. Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Populasi penelitian berjumlah 714 petani dengan sampel sebanyak 75 responden menggunakan teknik *systematic random sampling*. Instrumen penelitian ini menggunakan *Rapid Entire Body Assessment* (REBA) untuk mengukur postur kerja dan kuesioner *Nordic Body Map* (NBM) untuk mengukur risiko *Musculoskeletal Disorders* (MSDs). Analisis data menggunakan uji *Spearman Rank* dengan tingkat signifikansi  $\alpha = 0,05$ . Hasil penelitian menunjukkan hampir setengah responden (44%) memiliki postur kerja kategori sedang dan tinggi, serta sebagian besar responden (58,7%) mengalami risiko *Musculoskeletal Disorders* (MSDs) dalam kategori tinggi. Hasil uji *Spearman Rank* diperoleh nilai p-value sebesar 0,000 ( $p < 0,05$ ) dengan nilai koefisien korelasi ( $r$ ) sebesar 0,638, yang menunjukkan adanya hubungan signifikan, sedang, dan bersifat positif antara postur kerja dengan risiko *Musculoskeletal Disorders* (MSDs) pada petani di Desa Sanganom Kecamatan Nguling. Semakin tidak ergonomis postur kerja petani, maka semakin tinggi risiko terjadinya *Musculoskeletal Disorders* (MSDs), begitupun sebaliknya. Pentingnya penerapan postur kerja ergonomis untuk mengurangi risiko *Musculoskeletal Disorders* dan petani dianjurkan melakukan peregangan secara rutin sebelum dan sesudah bekerja.

**Kata Kunci:** postur kerja, *Musculoskeletal Disorders* (MSDs), petani.

## ABSTRACT

### RELATIONSHIP BETWEEN WORK POSTURE AND THE RISK OF MUSCULOSKELETAL DISORDERS (MSDs) AMONG FARMERS IN SANGANOM VILLAGE, NGULING DISTRICT

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Farmers are a group of workers at high risk of developing musculoskeletal disorders (MSDs) due to heavy physical work activities, repetitive movements, and non-ergonomic work postures. This study aims to determine the relationship between work posture and the risk of musculoskeletal disorders (MSDs) among farmers in Sanganom Village, Nguling District. The study used a correlational analytical design with a cross-sectional approach. The study population consisted of 714 farmers, with a sample of 75 respondents using systematic random sampling. The research instruments used the Rapid Entire Body Assessment (REBA) to measure work posture and the Nordic Body Map (NBM) questionnaire to assess the risk of MSDs. Data analysis used the Spearman Rank test with a significance level of  $\alpha = 0.05$ . The results showed that nearly half of the respondents (44%) had moderate and high work postures, and the majority of respondents (58.7%) were at high risk of Musculoskeletal Disorders (MSDs). The Spearman Rank test yielded a p-value of 0.000 ( $p < 0.05$ ) with a correlation coefficient ( $r$ ) of 0.638, indicating a significant, moderate, and positive relationship between work posture and the risk of Musculoskeletal Disorders (MSDs) among farmers in Sanganom Village, Nguling District. The less ergonomic a farmer's work posture, the higher the risk of Musculoskeletal Disorders (MSDs), and vice versa. Implementing ergonomic work postures is crucial for reducing the risk of Musculoskeletal Disorders, and farmers are encouraged to stretch regularly before and after work.

**Keywords:** work posture, Musculoskeletal Disorders (MSDs), farmers.

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