

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Uslimatul Hasanah

Hubungan Postur Kerja dengan Keluhan *Musculoskeletal Disorders* pada Petani di Desa Gambiran Kecamatan Kalisat Kabupaten Jember

xvi + 67 halaman + 25 tabel + 8 gambar + 17 lampiran

Abstrak

Latar Belakang: Musculoskeletal disorders (MSD) adalah cedera yang terjadi pada sistem otot, saraf, sendi, ligamen, tulang rawan, dan tulang belakang. Gangguan ini dapat disebabkan oleh postur kerja yang tidak ergonomis, terutama pada pekerjaan pertanian yang membutuhkan energi tinggi dan aktivitas fisik. Tujuan penelitian ini adalah untuk mengetahui hubungan antara postur kerja dengan keluhan MSD pada petani di Desa Gambiran, Kecamatan Kalisat, Kabupaten Jember.

Metode: Penelitian deskriptif kuantitatif dengan pendekatan cross-sectional. Populasi adalah 473 petani di Desa Gambiran, dengan sampel 148 petani yang memenuhi kriteria. Analisis data menggunakan uji korelasi Spearman rho.

Hasil: Uji statistik Spearman rho menunjukkan tidak ada hubungan signifikan antara postur kerja dan keluhan MSD (p -value = 0,709). Nilai koefisien korelasi (r) 0,031, menunjukkan hubungan sangat lemah.

Kesimpulan: Meskipun tidak ditemukan hubungan signifikan, nilai korelasi yang sangat lemah menunjukkan perlunya evaluasi lebih lanjut. Faktor lain seperti usia, kebiasaan merokok, durasi, dan lama kerja perlu dipertimbangkan dalam menganalisis hubungan kedua variabel.

Kata kunci: Postur Kerja, Keluhan *Musculoskeletal Disorders*, Petani
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ABSRTACT
MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Relationship between Work Posture and Musculoskeletal Disorders Complaints among Farmers in Gambiran Village, Kalisat District, Jember Regency

xvi + 67 pages + 25 tables + 8 figures + 17 attachments

Abstract

Background: Musculoskeletal disorders (MSDs) are injuries affecting the muscular, nervous, joint, ligament, cartilage, and spinal systems. These disorders can be caused by non-ergonomic work postures, especially in agricultural work that requires high energy and physical activity. This study aimed to determine the relationship between work posture and MSD complaints among farmers in Gambiran Village, Kalisat District, Jember Regency.

Methods: This was a quantitative descriptive study with a cross-sectional approach. The population was 473 farmers in Gambiran Village, with a sample of 148 farmers meeting the inclusion criteria. Data analysis used Spearman rho correlation test.

Results: The Spearman rho statistical test showed no significant relationship between work posture and MSDs complaints (p -value = 0.709). The correlation coefficient (r) value was 0.031, indicating a very weak relationship.

Conclusion: Although no significant relationship was found, the very weak correlation coefficient value suggests the need for further evaluation. Other factors such as age, smoking habits, work duration, and work experience should be considered in analyzing the relationship between the two variables.

Keywords : Work posture. Musculoskeletal disorders complaints, Farmers