

## ABSTRACT

Hikmah, Nadiyah Amirotul. 2024. *The Relationship between Working Posture, Working Period and Workload with Musculoskeletal Disorders (MSDs) in Inpatient Nurses at Unisma Islamic Hospital, Malang City*, Thesis, Malang Ministry of Health Polytechnic, Applied Occupational Safety and Health Bachelor Study Program. Supervisor I: Rizky Mustika Riswari, SST., MPH, Supervisor II: Ani Asriani Basri., M. KKK email: [nadiyah\\_P17451204028@poltekkes-malang.ac.id](mailto:nadiyah_P17451204028@poltekkes-malang.ac.id)

**Introduction:** Based on previous research, one of the jobs that is at risk of causing *musculoskeletal disorders (MSDs)* in hospitals is nursing. The results of a preliminary study on inpatient nurses at the Islamic Hospital Unisma Malang City, nurses perform various and repetitive activities and some nurses complain of signs and symptoms of musculoskeletal disorders after doing their work. This study aims to analyze the relationship between work posture, work period and workload with *musculoskeletal disorders (MSDs)*. **Method:** This study was conducted at RSI Unisma Malang City for 3 weeks using questionnaires and observations, with a total of 18 inpatient nurses as respondents. **Results:** The results showed there was a relationship between work posture and *musculoskeletal disorders* (p-value 0.019 <0.05), there was a relationship between workload and *musculoskeletal disorders* (p-value 0.044 <0.05), while in the work period variable there no relationship between work period and *musculoskeletal disorders* (p-value 0.275 >0.05). **Conclusion:** The results of the work posture calculation show that there are 4 nurses with moderate risk, so control measures are needed. The majority of MSDs complaints are low. Most inpatient nurses have a work period of >5 years and the nurse's workload with the highest distribution is in the low category.

**Keywords:** Musculoskeletal Disorders, Workload, Work Time, Work Posture.