

**OVERVIEW OF FACTORS INFLUENCING MUSCULOSKELETAL
COMPLAINTS AMONG FARMERS IN TAMBAK SARI BLOCK
DRINGU VILLAGE PROBOLINGGO REGENCY**

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ABSTRACT

Based on a preliminary study involving ten farmers in Tambak Sari Block, Dringu Village, Probolinggo Regency, 70% experienced moderate musculoskeletal complaints and 30% mild complaints. The initial assessment using REBA also showed a high-risk working posture during onion tying activities. These findings indicate that musculoskeletal complaints among farmers still require attention. This study aimed to analyze the description of individual factors, working posture, and musculoskeletal complaints among farmers. This study was a quantitative descriptive study with a cross-sectional approach involving 53 farmers selected using accidental sampling through structured interviews, MUAC measurements, and working posture observations. Data were analyzed using univariate analysis. The results showed that moderate musculoskeletal complaints were highest at 100% among late-adulthood farmers, 85.7% among females, 80.9% among those with a working period of ≥ 5 years, 87.5% among light smokers, 87.5% among those with normal nutritional status, and 100% among those with moderate-risk working postures. Overall, most farmers experienced moderate musculoskeletal complaints of 79.2%, with the most frequently reported complaints occurring in the lower back, back, and knees. Most farmers had high-risk working postures and moderate musculoskeletal complaints. Therefore, education and changes in work techniques are needed to reduce the risk of musculoskeletal complaints among farmers.

Keywords : *individual factors, musculoskeletal complaints, farmers, work posture*