THE ASSOCIATION OF WORKING POSTURE, LENGTH OF EMPLOYMENT, AND NUTRITIONAL STATUS WITH MUSCULOSKELETAL DISORDER COMPLAINTS AMONG ADMINISTRATIVE STAFF AT DR. MOHAMAD SOEWANDHIE *REGIONAL GENERAL* HOSPITAL, SURABAYA

Bayyinatun Najjah

Email: bayyinatun_p17451223029@poltekkes-malang.ac.id

direktorat@poltekkes-malang.ac.id

ABSTRACT

Background: Tabel(MSDs) are disorders affecting the muscles, bones, joints, tendons, ligaments, and nerves caused by non-ergonomic working postures, repetitive activities, and prolonged static positions. Hospital administrative staff are at risk of experiencing MSD complaints because most of their work involves prolonged computer use while sitting. Objective: To analyze the relationship between working posture, length of employment, and nutritional status and Tabel(MSDs) among administrative staff at Dr. Mohamad Soewandhie Regional General Hospital, Surabaya. Methods: This study employed a quantitative analytical design with a cross-sectional approach involving 50 administrative staff selected using stratified random sampling. The dependent variable was Tabel(MSDs), while the independent variables were working posture, length of employment, and nutritional status. Working posture was assessed using the Rapid Upper Limb Assessment (RULA), and MSD complaints were measured using the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ). Data were analyzed using the Spearman Rank correlation test. Results: The results showed a significant relationship between working posture and MSD complaints ($\rho = 0.469$; $p = 0.001$). In contrast, length of employment ($\rho = -0.154$; $p = 0.285$) and nutritional status ($\rho = -0.124$; $p = 0.391$) were not significantly associated with MSD complaints. Conclusion: Working posture was significantly associated with Tabel(MSDs), whereas length of employment and nutritional status were not significantly associated with MSD complaints. Hospitals are encouraged to strengthen ergonomic practices by improving workplace facilities and providing education on proper working posture to reduce the risk of MSDs.

Keywords: Tabel(MSDs), working posture, length of employment, nutritional status, Rapid Upper Limb Assessment (RULA), Cornell Musculoskeletal Discomfort Questionnaire (CMDQ).