ABSTRAK

ANALYSIS OF FACTORS ASSOCIATED WITH MUSCULOSKELETAL COMPLAINTS AMONG NUTRITION INSTALLATION WORKERS AT NGUDI WALUYO REGIONAL GENERAL HOSPITAL

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Abstract

Musculoskeletal complaints are a work-related health problem among Nutrition Installation workers who perform activities involving bending, prolonged standing, repetitive movements, and lifting and pushing loads. A preliminary study at Ngudi Waluyo Regional General Hospital showed that most workers experienced pain in the shoulders, back, and knees, with REBA scores of 4–8 and a moderately heavy physical workload. This study aimed to analyze the relationship between work posture, physical workload, and individual physical capacity with musculoskeletal complaints among Nutrition Installation workers at Ngudi Waluyo Regional General Hospital. This study used an analytical observational design with a cross-sectional approach involving 32 workers selected using a purposive sampling technique. Data were collected using the Rapid Entire Body Assessment (REBA), Cardiovascular Load (CVL), an individual physical capacity questionnaire, and the Nordic Body Map (NBM), and analyzed using Kendall's Tau test. The results showed a significant relationship between work posture ($p = 0.000$), physical workload ($p = 0.024$), age ($p = 0.047$), and history of injury ($p = 0.028$) with musculoskeletal complaints, while gender and body mass index were not significantly related ($p > 0.05$). The more non-ergonomic the work posture, the heavier the physical workload, the older the workers, and the presence of a history of injury, the higher the musculoskeletal complaints. This study concluded that work posture, physical workload, age, and history of injury are related to musculoskeletal complaints.

Keywords: *musculoskeletal complaints, work posture, physical workload, individual physical capacity.*