ABSTRACT

THE ANALYSIS OF CORELATION BETWEEN WORK'S ABILITY TO MUSCLE COMPLAINTS AND MUSCLE COMPLAINTS IN HAND GRIP (Case Study in Warehousing and Distribution Area of PT. Industri Telekomunikasi Indonesia)

Labor as the active resource in a company or organization is one of the important factor to improve the product and service quality. Employees work well as their ability to work from the behavioral as well as a conducive working environment. This can be supported by the equipment and ergonomic work system which aims to prevent the disease caused by the Working *Penyakit Akibat Kerja* (PAK). PAK is defined as negative implication to for physical health of employee caused by working. In addition, it also affects the employee's performance.

This research uses tools Work Ability Index (WAI) to identify the performance, *Nordic Body Map* to identify the muscle complaints (musculoskeletal disorders) caused by working, and *handgrip* to identify the muscles strength to the hand grip.

Based on the results of data processed which is questionnaire Work Ability Index (WAI) to the 15 warehousing and distribution employees, 5 (five) employees are categorized as *moderate*, 5 (five) employees are categorized as *good*, and all the rest are categorized as *excellent.* In identifying the muscle complaints by *Nordic Body Map*, the highest number of complain is obtained in the neck and the backbone with a prevalence rate of 33.33%. Statistics used in this research is the correlation and hypothesis testing. Correlation and hypothesis between work's ability, muscle complaints and muscle complaints in hand grip.

The results showed that there is a significant relationship between variables Work Ability Index with muscle complaints (neck, upper back, left shoulder, right and left wrist, and ankle). However, there is no significant relationship between variables Work Ability Index with muscle complaints and muscle complaints in handgrip.

Key words: Work Ability Index, muscle complaints, muscle strength in hand grip