ABSTRACT

REVIEW OF COMPLAINTS MUSCLES IN NATURAL OPERATORS
IN PT. MATRA SAKTI SINAR NUSANTARA

oleh

Deni Hidayat
1.03.07.015

The physical condition greatly affects a worker a worker in carrying out their work, both for workers in the office as well as for workers in the manufacturing. If a worker works in good physical condition then the results of his work would be good. But conversely, if the employee works in poor physical condition then the result may not be as expected.

Primary data collection method used to define the symptoms of musculoskeletal problems in the form of questionnaires Nordic Body Map that comes with a survey method developed to investigate the usefulness of ergonomics in the workplace where the skeletal muscle disease in the upper body of work identified that is associated Rula (Rapid Upper Limb Assessment). Handgrip tool for measuring muscle strength of the hand. Chi-square statistic of independence used to test the hypothesis that was developed, namely that musculoskeletal complaints associated with exposure to risk factors.

The results showed that the highest complaint found on the neck with a prevalence rate of 80%. Testing the hypothesis of risk factors of static postures, repetitive work and work postures with variable complaints of the neck showed a dependency with chi-square value of 6.436 on the static posture to posture and the work is worth 10.373. While the results of research to test the hand muscles showed that height in a sitting position affects the strength of the hand muscles with a value of 4661 Farithmetic Ftable 4.20.

Some risk factors such as static posture risk factors and proven working posture associated with the emergence of a complaint on the part of the body. Only risk factors that are not proven repetitive postures associated with the appearance of complaints in the neck and the height is only affecting the strength of hand muscles while the age and weight are not affected.

Key words: Musculoskeletal Complaints, Nordic Body Map Questionnaire, Rula, Handgrip.