

**HUBUNGAN FAKTOR DEMOGRAFI DAN KEBIASAAN OLAHRAGA TERHADAP KELUHAN  
MUSCULOSKELETAL DISORDERS (MSDs) PADA PEKERJA PROYEK PEMBANGUNAN  
RUMAH SAKIT UMUM YARSI JAKARTA TAHUN 2017  
DITINJAU DARI KEDOKTERAN DAN ISLAM**

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**ABSTRAK**

Latar Belakang: Dewasa ini, dunia pekerjaan semakin berkembang pesat sehingga kesehatan kerja sangatlah penting. Diketahui data dari *International Labour Organization* (ILO) tahun 2013, 1 pekerja di dunia meninggal setiap 15 detik karena kecelakaan kerja dan 160 pekerja mengalami sakit akibat kerja; salah satu penyakit akibat kerja adalah *Musculoskeletal Disorders* (MSDs). Wilayah Jakarta sendiri memiliki keluhan MSDs sebanyak 43.8%. MSDs memiliki berbagai faktor risiko. Beberapa diantaranya adalah faktor demografi (usia dan status perkawinan) dan kebiasaan olahraga. Dalam pandangan Islam, hubungan faktor demografi dan kebiasaan olahraga terhadap keluhan MSDs sejalan dengan pandangan kedokteran.

Metode: Penelitian dengan desain penelitian *cross sectional*. Populasi dan sampel adalah 120 pekerja. Sampel dipilih dengan menggunakan *total Sampling*. Pengambilan data dilakukan dengan cara wawancara menggunakan kuesioner *Nordic Body Map* (NBM) untuk keluhan MSDs, kuesioner untuk usia, status perkawinan dan kebiasaan olahraga. Analisis data bivariat dilakukan dengan uji *Chi Square*.

Hasil: Keluhan MSDs terbanyak adalah keluhan ringan dengan 105 pekerja (87.5%) dan titik tubuh yang paling banyak mengalami keluhan adalah pinggang dengan 55 pekerja (45.8%). Berdasarkan uji statistik *Chi Square* untuk hubungan faktor demografi dan kebiasaan olahraga terhadap keluhan MSDs didapatkan *p value* = 0.426 untuk usia, 0.549 untuk status perkawinan, dan 0.47 untuk kebiasaan olahraga.

Simpulan: Tidak ditemukannya hubungan yang signifikan hubungan faktor demografi dan kebiasaan olahraga dengan keluhan MSDs pekerja RSUD YARSI Jakarta tahun 2017.

Kata Kunci: usia, status perkawinan, olahraga, MSDs

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**RELATION BETWEEN DEMOGRAPHIC FACTORS AND PHYSICAL EXERCISE ON  
MUSCULOSKELETAL DISORDERS (MSDs) OF YARSI HOSPITAL WORKERS IN  
JAKARTA 2017 BASED ON MEDICINE AND ISLAMIC VIEWS**

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**ABSTRACT**

*Background: The world of work is growing rapidly so that occupational health is very important nowadays. Given data from the International Labor Organization (ILO) in 2013, 1 worker in the world dies every 15 seconds due to workplace accidents and 160 workers suffering from work-related illness; one of the occupational diseases is Musculoskeletal Disorders (MSDs). Jakarta area itself has 43.8% of MSDs. MSDs have various risk factors, some of which are demographic factors (age and marital status) also physical exercise. In Islamic views, the relationship between demographic factors and physical exercise to MSDs is in line with medicine reviews.*

*Research Objectives: Knowing of the relation between demographic factors and physical exercise with MSDs on workers of project YARSI Hospital in Jakarta 2017.*

*Method: Research with cross sectional design. Population and sample were 120 workers. The sample is selected by using the total sampling. The data were collected using interviews using Nordic Body Map (NBM) questionnaire for MSDs and questionnaire for age, marital status, and physical exercise. Analysis of bivariate data was done by Chi Square test.*

*Results: The most common MSDs was moderate with 105 workers (87.5%) and the most common point was the waist with 55 workers (45.8%). From the results of statistical tests using Chi Square for the relationship of demographic factors and physical exercise to MSDs test obtained value  $p=0.426$  for age, 0.549 for marital status, and 0.47 for physical exercise.*

*Conclusion: There was no significant relationship between demographic factors and physical exercise on MSDs of YARSI Hospital workers Jakarta in 2017.*

*Keywords: age, marital status, physical exercise, MSDs*

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