

ABSTRAK

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HUBUNGAN ANTARA KELAINAN MUSKULOSKELETAL TERKAIT PEKERJAAN DENGAN DISABILITAS NYERI PADA BIDAN

(xi + 33 halaman: 10 tabel; 5 lampiran)

Pada penelitian yang dilakukan di Indonesia mendemonstrasikan Kelainan Muskuloskeletal terkait Pekerjaan/ *Work-related musculoskeletal Disorders* (WMSDs) relative tinggi yang mencapai 40-80%. Risiko mengalami WMSDs dihitung tinggi pada berbagai macam tenaga medis termasuk bidan. WMSDs yang berkepanjangan berkaitan dengan isu kesehatan dan memicu potensial besar untuk disabilitas. Tujuan penelitian ini adalah menginvestigasi hubungan antara WMSDs dengan disabilitas nyeri pada bidan. Penelitian ini merupakan studi observasional dengan metode potong lintang. Data WMSDs diambil dengan menggunakan *The Nordic Questionnaire* dan disabilitas nyeri diukur dengan *Pain Disability Questionnaire*. Analisis statistik dilakukan dengan menggunakan SPSS 23.0. Dari total 64 terdapat 42 (65.6%) yang menderita *WMSDs* terutama di leher, bahu, dan punggung atas. Terdapat hubungan signifikan antara *WMSDs* dengan disabilitas Nyeri ($P < 0.001$). Durasi kerja juga memiliki hubungan yang signifikan terhadap disabilitas nyeri ($P = 0.001$). Dari hasil penelitian dapat dibuktikan bahwa prevalensi WMSDs pada bidan cukup tinggi, dan keberadaan WMSDs ini mempengaruhi risiko disabilitas.

Kata kunci: Kelainan Muskuloskeletal terkait Pekerjaan, disabilitas, bidan

Referensi: 42 (2011- 2017)

ABSTRACT

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Association between Work-Related Musculoskeletal Disorders and Pain Disability among Midwives

(xi + 33 pages: 10 table; 5 attachments)

Work-related Musculoskeletal Disorders (WMSDs) is defined as musculoskeletal complaints, which appear to be influenced by occupational conditions. In a study conducted in Indonesia, it demonstrated a relatively high WMSDs of 40-80% at one-year prevalence. The risk of experiencing WMSDs is high on a variety of medical personnel including midwives. Prolong WMSDs has been linked with health issues dan trigger greater potential for disability. The purpose of this study is to investigate the relationship between WMSDs and pain disability among midwives. This research is an observational study with cross-sectional method. Data were collected through interviews, using the Nordic Questionnaire, and the Pain Disability questionnaire were administered to the worker who reported pain. Statistical analysis were performed using SPSS 23.0. From 64 midwives, 42 (65.6%) of them had WMSDs, especially in the neck, shoulder, and upper back. There was significant association between WMSDs and pain disability ($P < 0.001$). Working hours also had significant association towards pain disability ($P < 0.001$). In conclusion, Midwives appears to be at a high risk for WMSDs, and that an increase in the number of WMSDs in affects disability.

Keyword: Work-related musculoskeletal disorders, Pain Disability, Midwife

Reference: 42 (2011- 2017)