

RELATIONSHIP BETWEEN WORK DURATION AND TYPE OF WORK WITH MUSCULOSKELETAL DISORDERS OF FISHERMEN IN OCCUPATIONAL HEALTH EFFORTS POST FISHERMEN OF MAROS REGENCY

Irawan S. Putra, Yahya Thamrin, Syahrir A. Pasinringi, Lalu Muhammad Saleh, Atjo Wahyu & Aminuddin Syam

Faculty of Public Health, Hasanuddin University, INDONESIA

ABSTRACT

Musculoskeletal disorders that occur in workers are influenced by factors. The factors highlighted in this study are the length of work and type of work. This study aims to determine the relationship between work duration and type of work with musculoskeletal disorders in fishermen in the UKK (Occupational Health Efforts) Post, Maros Regency. This type of research is analytic survey research with cross-sectional study/cross-sectional design. The population in this study totaled 224 people. Sampling when this research took place was carried out by accidental sampling. The results of this study indicate that there is a significant relationship between the length of work with musculoskeletal disorders in fishermen at the UKK post of fishermen in Maros Regency. There is a significant relationship between the types of work with musculoskeletal disorders in fishermen at the UKK fishermen post in Maros Regency. Length of work is the factor that has the greatest influence on musculoskeletal disorders in fishermen at the fishermen's UKK post in Maros Regency. In order to do stretches both before and after every activity, for fishermen aged > 45 years, be careful in carrying out activities and minimize awkward attitudes/work positions and always participate in every meeting, guidance, and health examination conducted by the occupational health program manager.

Keywords: Musculoskeletal disorders, Length of Work, Type of Work, Fishermen.