

DAFTAR ISI

LEMBAR PERSETUJUAN	Error! Bookmark not defined.
LEMBAR PENGESAHAN	Error! Bookmark not defined.
LEMBAR PERNYATAAN	Error! Bookmark not defined.
KATA PENGANTAR	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
DAFTAR ISI	viii
DAFTAR GAMBAR	x
DAFTAR TABEL	xi
DAFTAR LAMPIRAN	xii
BAB I PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang	Error! Bookmark not defined.
1.2 Rumusan Masalah.....	Error! Bookmark not defined.
1.3 Tujuan Penelitian	Error! Bookmark not defined.
1.4 Batasan Masalah	Error! Bookmark not defined.
1.5 Manfaat Penelitian	Error! Bookmark not defined.
BAB II TINJAUAN PUSTAKA	Error! Bookmark not defined.
2.1 Proses Produksi.....	Error! Bookmark not defined.
2.2 Postur Kerja	Error! Bookmark not defined.
2.3 <i>Manual Material Handling</i> (MMH)	Error! Bookmark not defined.
2.4 <i>Musculoskeletal Disorder</i> (MSDs).....	Error! Bookmark not defined.
2.5 <i>Nordic Body Map</i> (NBM).....	Error! Bookmark not defined.
2.6 <i>Rapid Entire Body Assesment</i> (REBA)	Error! Bookmark not defined.
2.7 Penelitian Terkait.....	Error! Bookmark not defined.
2.8 Kerangka Pemikiran	Error! Bookmark not defined.
BAB III METODE PENELITIAN	Error! Bookmark not defined.
3.1 Subjek Penelitian	Error! Bookmark not defined.
3.2 Data Penelitian.....	Error! Bookmark not defined.
3.3 Prosedur Penelitian	Error! Bookmark not defined.
3.4 Teknik Pengumpulan Data	Error! Bookmark not defined.
3.5 Teknik Pengolahan dan Analisis Data.....	Error! Bookmark not defined.
BAB IV HASIL DAN PEMBAHASAN	Error! Bookmark not defined.

4.1	Proses Kerja pada Bagian <i>Preparation Material</i>	Error! Bookmark not defined.
4.2	Analisis Hasil Kuesioner <i>Nordic Body Map</i> Sebelum Perbaikan.....	Error! Bookmark not defined.
4.3	Analisis Postur Kerja Sebelum Perbaikan	Error! Bookmark not defined.
4.4	Perbaikan Postur Kerja Operator	Error! Bookmark not defined.
4.5	Analisis Hasil Perbaikan.....	Error! Bookmark not defined.
4.5.1	Analisis Hasil Kuesioner <i>Nordic Body Map</i> Setelah Perbaikan	Error! Bookmark not defined.
4.5.2	Analisis Postur Kerja Menggunakan Metode REBA Setelah Perbaikan	Error! Bookmark not defined.
4.5.3	Analisis Perbandingan Sebelum dan Sesudah Perbaikan	Error! Bookmark not defined.
BAB V KESIMPULAN DAN SARAN		Error! Bookmark not defined.
5.1	Kesimpulan	Error! Bookmark not defined.
5.2	Saran	Error! Bookmark not defined.
DAFTAR PUSTAKA		Error! Bookmark not defined.
DAFTAR LAMPIRAN		Error! Bookmark not defined.
RIWAYAT PENULIS		Error! Bookmark not defined.

KARAWANG

DAFTAR GAMBAR

- Gambar 1.1** Proses *Preparation Material Compound* di PT HSAI..... **Error! Bookmark not defined.**
- Gambar 2.1** REBA *Assesment Worksheet* (Pratiwi et al., 2021)**Error! Bookmark not defined.**
- Gambar 2.2** Kerangka Pemikiran**Error! Bookmark not defined.**
- Gambar 3.1** Prosedur Penelitian**Error! Bookmark not defined.**
- Gambar 3.2** Contoh Penggunaan Aplikasi Angulus **Error! Bookmark not defined.**
- Gambar 4.1** *Glass Run*.....**Error! Bookmark not defined.**
- Gambar 4.2** Analisis Postur REBA Grup A (Sebelum Perbaikan)..... **Error! Bookmark not defined.**
- Gambar 4.3** Panduan *Scoring* REBA Grup A**Error! Bookmark not defined.**
- Gambar 4.4** Analisis Postur REBA Grup B (Sebelum Perbaikan)..... **Error! Bookmark not defined.**
- Gambar 4.5** Panduan *Scoring* REBA Grup B**Error! Bookmark not defined.**
- Gambar 4.6** Proses Pembuatan *Vacuum***Error! Bookmark not defined.**
- Gambar 4.7** Perbandingan Sebelum dan Sesudah Perbaikan**Error! Bookmark not defined.**
- Gambar 4.8** Analisis Postur REBA Grup A (Setelah Perbaikan)..... **Error! Bookmark not defined.**
- Gambar 4.9** Analisis Postur REBA Grup B (Setelah Perbaikan)..... **Error! Bookmark not defined.**



DAFTAR TABEL

- Tabel 2.1** Kuesioner *Nordic Body Map* (NBM) **Error! Bookmark not defined.**
- Tabel 2.2** Klasifikasi Tingkat Risiko MSDs **Error! Bookmark not defined.**
- Tabel 2.3** Penelitian Terkait **Error! Bookmark not defined.**
- Tabel 4.1** Rekapitulasi Skor NBM (Studi Pendahuluan) **Error! Bookmark not defined.**
- Tabel 4.2** Perhitungan REBA Grup A (Sebelum Perbaikan) **Error! Bookmark not defined.**
- Tabel 4.3** Perhitungan REBA Grup B (Sebelum Perbaikan) **Error! Bookmark not defined.**
- Tabel 4.4** Perhitungan Skor Grup A (Sebelum Perbaikan) . **Error! Bookmark not defined.**
- Tabel 4.5** Perhitungan Skor Grup B (Sebelum Perbaikan).. **Error! Bookmark not defined.**
- Tabel 4.6** Perhitungan Skor REBA Tabel C (Sebelum Perbaikan)..... **Error! Bookmark not defined.**
- Tabel 4.7** *Activity Score* REBA (Sebelum Perbaikan) **Error! Bookmark not defined.**

Tabel 4.8 Kategori Tindakan REBA (Sebelum Perbaikan). **Error! Bookmark not defined.**

Tabel 4.9 Rekapitulasi Skor NBM (Setelah Perbaikan) **Error! Bookmark not defined.**

Tabel 4.10 Perhitungan REBA Grup A (Setelah Perbaikan) **Error! Bookmark not defined.**

Tabel 4.11 Perhitungan REBA Grup B (Setelah Perbaikan) **Error! Bookmark not defined.**

Tabel 4.12 Perhitungan Skor Grup A (Setelah Perbaikan).. **Error! Bookmark not defined.**

Tabel 4.13 Perhitungan Skor Grup B (Setelah Perbaikan).. **Error! Bookmark not defined.**

Tabel 4.14 Perhitungan Skor REBA Tabel C (Setelah Perbaikan) **Error! Bookmark not defined.**

Tabel 4.15 *Activity Score* REBA (Setelah Perbaikan)..... **Error! Bookmark not defined.**

Tabel 4.16 Kategori Tindakan REBA (Setelah Perbaikan). **Error! Bookmark not defined.**

Tabel 4.17 Perbandingan Hasil Sebelum dan Sesudah Perbaikan **Error! Bookmark not defined.**

DAFTAR LAMPIRAN

Lampiran 1. Kuesioner NBM Operator A (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 2. Kuesioner NBM Operator B (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 3. Kuesioner NBM Operator C (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 4. Kuesioner NBM Operator D (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 5. Kuesioner NBM Operator E (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 6. Kuesioner NBM Operator F (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 7. Kuesioner NBM Operator G (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 8. Kuesioner NBM Operator H (Studi Pendahuluan)**Error! Bookmark not defined.**

Lampiran 9. Kuesioner NBM Operator I (Studi Pendahuluan).**Error! Bookmark not defined.**

Lampiran 10. Pengisian Kuesioner NBM**Error! Bookmark not defined.**

Lampiran 11. Kuesioner NBM Operator A (Setelah Perbaikan) **Error! Bookmark not defined.**

Lampiran 12. Kuesioner NBM Operator B (Setelah Perbaikan)..... **Error! Bookmark not defined.**

Lampiran 13. Kuesioner NBM Operator C (Setelah Perbaikan)..... **Error! Bookmark not defined.**

Lampiran 14. Kuesioner NBM Operator D (Setelah Perbaikan) **Error! Bookmark not defined.**

Lampiran 15. Kuesioner NBM Operator E (Setelah Perbaikan)..... **Error! Bookmark not defined.**

Lampiran 16. Kuesioner NBM Operator F (Setelah Perbaikan)**Error! Bookmark not defined.**

Lampiran 17. Kuesioner NBM Operator G (Setelah Perbaikan) **Error!**

Bookmark not defined.

Lampiran 18. Kuesioner NBM Operator H (Setelah Perbaikan) **Error!**

Bookmark not defined.

Lampiran 19. Kuesioner NBM Operator I (Setelah Perbaikan) **Error! Bookmark not defined.**

Lampiran 20. Penerapan Ide Perbaikan di Perusahaan **Error! Bookmark not defined.**

Lampiran 21. Perbandingan *Cycle Time* Sebelum dan Sesudah **Error! Bookmark not defined.**

Lampiran 22. *Voice of Employee* (VOE)..... **Error! Bookmark not defined.**

Lampiran 23. Bukti Lulus Cek Turnitin dari Perpustakaan **Error! Bookmark not defined.**

Lampiran 24. Hasil Cek Abstraksi **Error! Bookmark not defined.**

