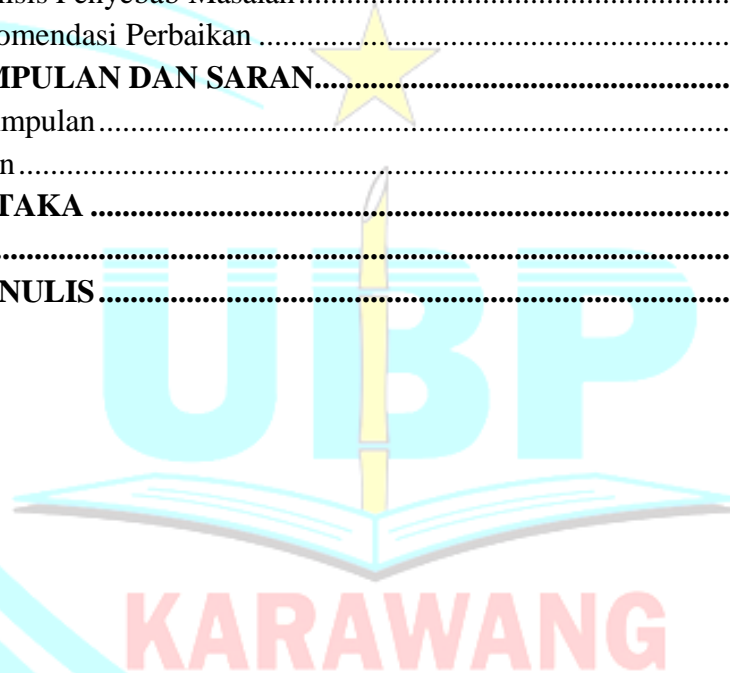


DAFTAR ISI

LEMBAR PERSETUJUAN	ii
LEMBAR PENGESAHAN	iii
LEMBAR PERNYATAAN	iv
KATA PENGANTAR	v
ABSTRAK	vii
ABSTRACT	viii
DAFTAR ISI	ix
DAFTAR GAMBAR	xi
DAFTAR TABEL	xii
DAFTAR GRAFIK	xiv
DAFTAR SINGKATAN DAN LAMBANG	xv
DAFTAR LAMPIRAN	xvi
BAB I PENDAHULUAN	1
1.1 Latar Belakang.....	1
1.2 Rumusan Masalah	5
1.3 Tujuan Penelitian.....	6
1.4 Batasan Masalah.....	6
1.5 Manfaat Penelitian.....	6
BAB II TINJAUAN PUSTAKA	8
2.1 Kajian Deduktif	8
2.1.1 Ergonomi	8
2.1.2 Ergonomi di Tempat Kerja.....	9
2.1.3 <i>Rapid Office Strain Assasment (ROSA)</i>	10
2.1.4 Konsep <i>Rapid Office Strain Assasment (ROSA)</i>	11
2.2 Kajian Induktif	15
2.2.1 Penelitian Terdahulu.....	16
BAB III METODE PENELITIAN	21
3.1 Objek Penelitian	21
3.2 Waktu dan Tempat Penelitian.....	21
3.3 Rincian Waktu Penelitian	21
3.4 Data Penelitian.....	23
3.4.1 Data Primer	23
3.4.2 Data Sekunder	27
3.5 Metode Penyelesaian Tugas Akhir	27
3.5.1 <i>Rapid Office Strain Assasment</i>	27
3.6 Analisis Penyebab Masalah.....	31
3.7 Analisis Perbaikan	31
3.8 Prosedur Penelitian	31
BAB IV HASIL DAN PEMBAHASAN	34
4.1 Pengumpulan Data.....	34

4.1.1	Observasi	34
4.1.2	Kuesioner.....	34
4.1.3	Populasi/Sampel	36
4.2	Pengolahan Data.....	37
4.2.1	Bagian A: Kursi.....	37
4.2.2	Bagian B: Monitor dan <i>Telephone</i>	40
4.2.3	Bagian C: <i>Mouse</i> dan <i>Keyboard</i>	42
4.2.4	Bagian D: <i>Monitor and Peripherals Score</i>	44
4.2.5	Bagian E: <i>Final Score</i>	45
4.2.6	Analisis Penilaian Seluruh Responden.....	46
4.3	Analisis Penyebab Masalah	58
4.4	Rekomendasi Perbaikan	60
BAB V KESIMPULAN DAN SARAN.....		63
5.1	Kesimpulan.....	63
5.2	Saran.....	64
DAFTAR PUSTAKA		65
LAMPIRAN.....		69
RIWAYAT PENULIS.....		73



DAFTAR GAMBAR

Gambar 2.1 <i>Section A Chair Height (ROSA Form)</i>	11
Gambar 2.2 <i>Section A Pan Depth (ROSA Form)</i>	11
Gambar 2.3 <i>Section A Armrests (ROSA Form)</i>	12
Gambar 2.4 <i>Section A Back Support (ROSA Form)</i>	12
Gambar 2.5 <i>Section B Monitor (ROSA Form)</i>	13
Gambar 2.6 <i>Section B Telephone(ROSA Form)</i>	13
Gambar 2.7 <i>Section C Mouse (ROSA Form)</i>	14
Gambar 2.8 <i>Section C Keyboard (ROSA Form)</i>	14
Gambar 3.1 <i>Prosedur Penelitian</i>	32
Gambar 4.1 <i>Tinjauan Responden Score A Kode FT-01</i>	37
Gambar 4.2 <i>Tinjauan Responden Score B Kode FT-01</i>	40
Gambar 4.3 <i>Tinjauan Responden Score C Kode FT-01</i>	42



DAFTAR TABEL

Tabel 2.1 <i>Literature Review</i> (1).....	17
Tabel 2.2 <i>Literature Review</i> (2).....	18
Tabel 2.3 <i>Literature Review</i> (3).....	19
Tabel 2.4 <i>Literature Review</i> (4).....	20
Tabel 3.1 Rincian Waktu Penelitian	22
Tabel 3.3 Alat dan Bahan Penelitian	26
Tabel 3.4 <i>Table of Section A Score</i>	28
Tabel 3.5 <i>Table of Section B Score</i>	28
Tabel 3.6 <i>Table of Section C Score</i>	29
Tabel 3.7 <i>Table of Monitor and Peripherals Score</i>	30
Tabel 3.8 <i>Table of ROSA Final Score</i>	30
Tabel 3.9 Kategori Level Risiko.....	31
Tabel 4.1 <i>Summary Kuesioner Nordic Body Map</i> (Sebelum Bekerja)	35
Tabel 4.2 <i>Summary Kuesioner Nordic Body Map</i> (Setelah Bekerja)	36
Tabel 4.3 Deskripsi <i>Chair Height</i> FT-01.....	38
Tabel 4.4 Deskripsi <i>Pan Depth</i> FT-01.....	38
Tabel 4.5 Deskripsi <i>Arm Rest</i> FT-01	38
Tabel 4.6 Deskripsi <i>Back Support</i> FT-01	38
Tabel 4.7 <i>Matrix Score A</i> FT-01.....	39
Tabel 4.8 Penilaian <i>Score A</i> FT-01.....	39
Tabel 4.9 Deskripsi <i>Monitor</i> FT-01.....	40
Tabel 4.10 Deskripsi <i>Telephone</i> FT-01	41
Tabel 4.11 <i>Matrix Score B</i> FT-01	41
Tabel 4.12 Penilaian <i>Score B</i> FT-01.....	41
Tabel 4.13 Deskripsi <i>Mouse</i> FT-01	42
Tabel 4.14 Deskripsi <i>Keyboard</i> FT-01	43
Tabel 4.15 <i>Matrix Score C</i> FT-01	43
Tabel 4.16 Penilaian <i>Score C</i> FT-01	43
Tabel 4.17 Penilaian <i>Score D</i> FT-01	44
Tabel 4.18 <i>Matrix Score D</i> FT-01	45
Tabel 4.19 Penilaian <i>Score E</i> FT-01.....	45
Tabel 4.20 <i>Matrix ROSA Score</i> FT-01	46
Tabel 4.21 <i>Summary Chair Height</i>	47
Tabel 4.22 <i>Summary Pan Depth</i>	48
Tabel 4.23 <i>Summary Arm Rests</i>	49
Tabel 4.24 <i>Summary Back Support</i>	50
Tabel 4.25 <i>Summary Score A</i>	51
Tabel 4.26 <i>Summary Monitor</i>	52
Tabel 4.27 <i>Summary Telephone</i> (1).....	53
Tabel 4.28 <i>Summary Telephone</i> (2).....	54

Tabel 4.29 <i>Summary Mouse</i>	55
Tabel 4.30 <i>Summary Keyboard</i>	56
Tabel 4.31 <i>Summary ROSA Score</i>	57



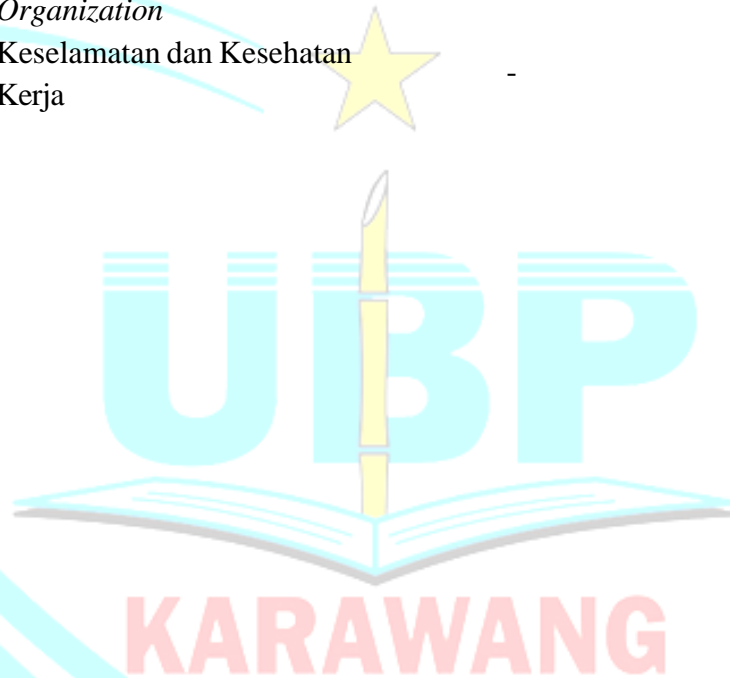
DAFTAR GRAFIK

Grafik 1.1 Presentase NBM Kategori Sakit	4
Grafik 1.2 Presentase NBM Kategori Agak Sakit.....	4
Grafik 4.1 Presentase <i>ROSA Score</i>	59



DAFTAR SINGKATAN DAN LAMBANG

Singkatan/ Simbol Singkatan	Nama	Satuan	Pemakaian Pertama Kali Pada Halaman
MSDs	<i>Musculoskeletal Disorders</i>	-	1
ROSA	<i>Rapid Office Strain Assessment</i>	-	1
NBM	<i>Nordic Body Map</i>	-	2
ILO	<i>International Labour Organization</i>	-	16
K3	Keselamatan dan Kesehatan Kerja	-	21



DAFTAR LAMPIRAN

Lampiran 1. Kuesioner <i>Nordic Body Map</i>	69
Lampiran 2. Formulir Responden.....	70
Lampiran 3. <i>Abstract Review Result</i>	71
Lampiran 4. <i>Turnitin</i> Skripsi	72

