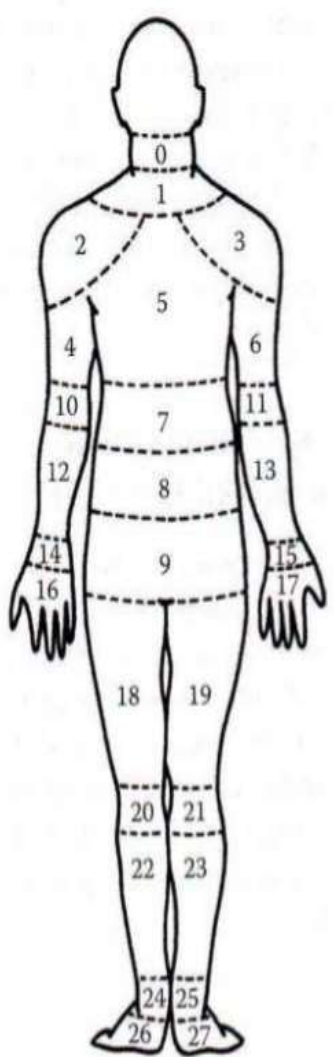


LAMPIRAN

Lampiran 1. Kuesioner *Nordic Body Map (NBM)*

NORDIC BODY MAP QUESTIONARE

Anda diminta untuk menilai apa yang Anda rasakan pada bagian tubuh yang ditunjukkan pada gambar. Apakah bagian tubuh yang sudah diberikan nomor tersebut tidak terasa sakit (pilih A), sedikit sakit (pilih B), sakit (pilih C), dan sangat sakit (pilih D). Pilih dengan memberikan tanda centang (✓) pada kolom huruf pilihan Anda.

| No | Lokasi | Tingkat Kesakitan | | | | Peta Bagian Tubuh |
|----|-------------------------------------|-------------------|---|---|---|--|
| | | A | B | C | D | |
| 0 | Sakit/kaku pada leher atas | | | | |  |
| 1 | Sakit pada leher bawah | | | | | |
| 2 | Sakit pada bahu kiri | | | | | |
| 3 | Sakit pada bahu kanan | | | | | |
| 4 | Sakit pada lengan atas kiri | | | | | |
| 5 | Sakit pada punggung | | | | | |
| 6 | Sakit pada lengan atas kanan | | | | | |
| 7 | Sakit pada pinggang | | | | | |
| 8 | Sakit pada pantat (buttock) | | | | | |
| 9 | Sakit pada pantat (bottom) | | | | | |
| 10 | Sakit pada siku kiri | | | | | |
| 11 | Sakit pada siku kanan | | | | | |
| 12 | Sakit pada lengan bawah kiri | | | | | |
| 13 | Sakit pada lengan bawah kanan | | | | | |
| 14 | Sakit pada pergelangan tangan kiri | | | | | |
| 15 | Sakit pada pergelangan tangan kanan | | | | | |
| 16 | Sakit pada tangan kiri | | | | | |
| 17 | Sakit pada tangan kanan | | | | | |
| 18 | Sakit pada paha kiri | | | | | |
| 19 | Sakit pada paha kanan | | | | | |
| 20 | Sakit pada lutut kiri | | | | | |
| 21 | Sakit pada lutut kanan | | | | | |
| 22 | Sakit pada betis kiri | | | | | |
| 23 | Sakit pada betis kanan | | | | | |
| 24 | Sakit pada pergelangan kaki kiri | | | | | |
| 25 | Sakit pada pergelangan kaki kanan | | | | | |
| 26 | Sakit pada kaki kiri | | | | | |
| 27 | Sakit pada kaki kanan | | | | | |

(Sumber: Sutajaya, 2018)

Keterangan pilihan sikap yaitu A= Tidak terasa sakit (skor 1), B = Sedikit sakit (skor 2), C = Sakit (skor 3), D = Sangat sakit (skor 4). Skala yang digunakan adalah skala interval dengan beberapa kategori sebagai berikut.

- A. Skor 28 : Sama sekali tidak sakit
- B. Skor 29 – 57 : Agak sakit
- C. Skor 58 – 86 : Sakit
- D. Skor \geq 87 : Sangat sakit



Lampiran 2. Kuesioner Untuk Mengukur Kelelahan

KUESIONER 30 ITEMS OF RATING SCALES DENGAN SKALA LIKERT UNTUK MENGUKUR KELELAHAN SECARA UMUM

Berilah tanda centang (√) pada jawaban yang tersedia sesuai dengan kondisi saudara saat ini !

STT : sangat tidak terasa

TT : tidak terasa

AT : agak terasa

T : terasa

ST : sangat terasa

| NO | PERTANYAAN | JAWABAN | | | | |
|----|---|---------|----|----|---|----|
| | | STT | TT | AT | T | ST |
| 1 | Apakah saudara merasa berat di bagian kepala ? | | | | | |
| 2 | Apakah saudara merasa lelah pada seluruh badan ? | | | | | |
| 3 | Apakah kaki saudara terasa berat ? | | | | | |
| 4 | Apakah saudara merasa sering menguap ? | | | | | |
| 5 | Apakah pikiran saudara terasa kacau ? | | | | | |
| 6 | Apakah saudara merasa mengantuk ? | | | | | |
| 7 | Apakah saudara merasakan ada beban pada mata ? | | | | | |
| 8 | Apakah saudara merasa kaku atau canggung dalam bergerak ? | | | | | |
| 9 | Apakah saudara merasa sempoyongan ketika berdiri ? | | | | | |
| 10 | Apakah ada perasaan ingin berbaring ? | | | | | |
| 11 | Apakah saudara merasa susah berpikir ? | | | | | |
| 12 | Apakah saudara merasa lelah untuk bicara ? | | | | | |
| 13 | Apakah saudara merasa gugup ? | | | | | |
| 14 | Apakah saudara merasa tidak bisa berkonsentrasi ? | | | | | |
| 15 | Apakah saudara merasa tidak dapat memusatkan perhatian terhadap sesuatu ? | | | | | |
| 16 | Apakah saudara merasa punya kecenderungan untuk lupa ? | | | | | |
| 17 | Apakah saudara merasa kurang percaya diri ? | | | | | |
| 18 | Apakah saudara merasa cemas terhadap sesuatu ? | | | | | |
| 19 | Apakah saudara merasa tidak dapat mengontrol sikap ? | | | | | |
| 20 | Apakah saudara merasa tidak dapat tekun dalam pekerjaan ? | | | | | |
| 21 | Apakah saudara merasa sakit kepala ? | | | | | |
| 22 | Apakah saudara merasa kaku di bagian bahu ? | | | | | |
| 23 | Apakah saudara merasakan nyeri di punggung ? | | | | | |
| 24 | Apakah nafas saudara terasa tertekan ? | | | | | |
| 25 | Apakah saudara merasa haus ? | | | | | |
| 26 | Apakah suara saudara terasa serak ? | | | | | |
| 27 | Apakah saudara merasa pening ? | | | | | |

| | | | | | | |
|----|---|--|--|--|--|--|
| 28 | Apakah kelopak mata saudara terasa kejang/kaku ? | | | | | |
| 29 | Apakah anggota badan saudara terasa bergetar (tremor) ? | | | | | |
| 30 | Apakah saudara merasa kurang sehat ? | | | | | |

(Sumber: Sutajaya, 2018)

Keterangan:

- A. Skor 30 : Sama sekali tidak sakit
- B. Skor 31 s.d. 61 : Tidak lelah
- C. Skor 62 s.d. 92 : Agak lelah
- D. Skor 93 s.d. 123 : Lelah
- E. Skor > 123 : Sangat lelah



Lampiran 3. Data Karakteristik Subjek

| No | Nama | tinggi badan (cm) | berat badan (kg) | Tinggi (cm) | Umur |
|---|-------|-------------------|------------------|-------------|------|
| Buruh Angkut Berat Beban Junjung \leq 25 kg | | | | | |
| 1 | shyt | 156 | 50 | 156 | 33 |
| 2 | ang | 156 | 56 | 156 | 45 |
| 3 | and | 156 | 49 | 156 | 53 |
| 4 | Jrn | 163 | 58 | 163 | 37 |
| 5 | ptln | 148 | 47 | 148 | 33 |
| 6 | lltm | 160 | 57 | 160 | 39 |
| 7 | slnt | 150 | 52 | 150 | 42 |
| 8 | wlyn | 147 | 45 | 147 | 38 |
| 9 | skrt | 159 | 52 | 159 | 40 |
| 10 | wlns | 157 | 56 | 157 | 30 |
| 11 | dsty | 150 | 52 | 150 | 29 |
| 12 | ysnt | 151 | 53 | 151 | 20 |
| 13 | alyt | 160 | 55 | 160 | 44 |
| 14 | lksm | 162 | 55 | 162 | 45 |
| 15 | wtdr | 147 | 45 | 147 | 35 |
| 16 | krm | 151 | 53 | 151 | 34 |
| 17 | wykr | 149 | 48 | 149 | 20 |
| 18 | oktr | 162 | 58 | 162 | 30 |
| 19 | lswt | 156 | 55 | 156 | 33 |
| 20 | tysh | 162 | 56 | 162 | 45 |
| Buruh Angkut Berat Beban Junjung $>$ 25 kg | | | | | |
| 1 | wynd | 159 | 58 | 159 | 26 |
| 2 | trgnd | 150 | 52 | 150 | 54 |
| 3 | ptls | 155 | 49 | 155 | 46 |
| 4 | srynd | 161 | 54 | 161 | 23 |
| 5 | lstr | 162 | 55 | 162 | 37 |

| | | | | | |
|----|------|-----|----|-----|----|
| 6 | mnks | 155 | 53 | 155 | 49 |
| 7 | lby | 156 | 53 | 156 | 51 |
| 8 | kdnw | 151 | 57 | 151 | 41 |
| 9 | wdyt | 155 | 50 | 155 | 22 |
| 10 | dwsr | 151 | 57 | 151 | 27 |
| 11 | dsr | 150 | 48 | 150 | 25 |
| 12 | Rjy | 154 | 48 | 154 | 34 |
| 13 | lydt | 161 | 54 | 161 | 37 |
| 14 | kysr | 156 | 56 | 156 | 33 |
| 15 | mlks | 154 | 60 | 154 | 23 |
| 16 | kds | 157 | 58 | 157 | 37 |
| 17 | mndl | 160 | 59 | 160 | 51 |
| 18 | ksr | 157 | 58 | 157 | 49 |
| 19 | krn | 154 | 56 | 154 | 34 |
| 20 | nrsh | 161 | 53 | 161 | 37 |



Lampiran 4. Data Karakteristik Lingkungan

| Pendataan | | Suhu (oC) | Kelembaban Relatif (%) | Intensitas Cahaya (lux) | Kecepatan Angin (m/s) | Kebisingan dB (A) |
|-----------|---|--------------|---------------------------|-------------------------------|--------------------------|----------------------|
| Jumat | 1 | 27,8 | 86,6 | 274,2 | 2,33 | 55,8 |
| | 2 | 29,8 | 70,4 | 223,8 | 2,52 | 64,92 |
| | 3 | 29,2 | 82,2 | 36,8 | 2,44 | 63,86 |
| Sabtu | 1 | 28,2 | 84,8 | 248,08 | 2,18 | 60,82 |
| | 2 | 30,4 | 66,4 | 260,48 | 2,27 | 70,44 |
| | 3 | 28,6 | 82,8 | 38,06 | 1,96 | 58,02 |
| Minggu | 1 | 28,4 | 86,8 | 253,8 | 2,46 | 72,16 |
| | 2 | 29,8 | 72,8 | 192,94 | 2,04 | 74,14 |
| | 3 | 27,4 | 88,6 | 39,6 | 2,32 | 63,2 |



Lampiran 5. Lama Jeda Istirahat Bekerja

| No | Lama jeda bekerja (Kelompok I) (Menit) | | | | Lama jeda bekerja (Kelompok II) (Menit) | | | |
|----|--|---------|----------|--------|---|---------|----------|--------|
| | Hari I | Hari II | Hari III | Rerata | Hari I | Hari II | Hari III | Rerata |
| 1 | 8 | 12 | 7 | 9 | 20 | 10 | 12 | 14 |
| 2 | 20 | 26 | 10 | 19 | 8 | 8 | 15 | 10 |
| 3 | 23 | 12 | 8 | 14 | 13 | 5 | 10 | 9 |
| 4 | 42 | 10 | 6 | 19 | 15 | 10 | 9 | 11 |
| 5 | 3 | 12 | 12 | 9 | 7 | 21 | 18 | 15 |
| 6 | 10 | 36 | 4 | 17 | 12 | 12 | 14 | 13 |
| 7 | 13 | 30 | 5 | 16 | 13 | 25 | 14 | 17 |
| 8 | 8 | 25 | 20 | 18 | 5 | 6 | 15 | 9 |
| 9 | 8 | 8 | 3 | 6 | 11 | 13 | 20 | 15 |
| 10 | 33 | 23 | 11 | 22 | 15 | 5 | 15 | 12 |
| 11 | 7 | 15 | 15 | 12 | 18 | 11 | 14 | 14 |
| 12 | 11 | 13 | 14 | 13 | 11 | 15 | 17 | 14 |
| 13 | 8 | 21 | 17 | 15 | 8 | 16 | 8 | 11 |
| 14 | 8 | 21 | 8 | 12 | 8 | 3 | 10 | 7 |
| 15 | 18 | 25 | 10 | 18 | 18 | 18 | 5 | 14 |
| 16 | 28 | 23 | 5 | 19 | 28 | 15 | 5 | 16 |
| 17 | 40 | 18 | 5 | 21 | 40 | 17 | 15 | 24 |
| 18 | 33 | 26 | 15 | 25 | 33 | 18 | 13 | 21 |
| 19 | 18 | 18 | 13 | 16 | 18 | 8 | 5 | 10 |
| 20 | 28 | 8 | 8 | 15 | 28 | 15 | 6 | 16 |



Lampiran 6. Data Keluhan Muskuloskeletal

Data Keluhan Muskuloskeletal Buruh Angkut Berat Beban Junjung ≤ 25 kg

| No | Nama | Rerata Pretest | Rerata Posttest |
|----|------|----------------|-----------------|
| 1 | shyt | 39,67 | 72,67 |
| 2 | Ang | 40,00 | 60,33 |
| 3 | And | 39,67 | 61,67 |
| 4 | Jrn | 39,67 | 71,33 |
| 5 | Ptln | 40,33 | 64,67 |
| 6 | Ltm | 37,67 | 66,00 |
| 7 | Slnt | 42,00 | 67,00 |
| 8 | wlyn | 42,33 | 60,67 |
| 9 | Skrt | 42,00 | 68,00 |
| 10 | wlns | 41,00 | 57,33 |
| 11 | dsty | 38,00 | 52,00 |
| 12 | ysnt | 37,67 | 50,67 |
| 13 | Alyt | 39,67 | 54,67 |
| 14 | lksm | 38,67 | 59,33 |
| 15 | wtdr | 43,67 | 55,67 |
| 16 | Krn | 38,33 | 51,67 |
| 17 | wykr | 39,67 | 62,67 |
| 18 | oktr | 38,33 | 53,67 |
| 19 | lswt | 40,00 | 56,00 |
| 20 | tysh | 38,67 | 57,67 |

Data Keluhan Muskuloskeletal Buruh Angkut Berat Beban Junjung >25 kg

| No | Nama | Rerata Pretest | Rerata Posttest |
|----|-------|----------------|-----------------|
| 1 | wynd | 40,00 | 75,00 |
| 2 | trgnd | 46,00 | 71,33 |
| 3 | Ptls | 43,67 | 72,33 |

| | | | |
|----|-------|-------|-------|
| 4 | srynd | 39,67 | 78,00 |
| 5 | Lstr | 45,33 | 80,00 |
| 6 | mnks | 40,33 | 81,67 |
| 7 | Lby | 43,67 | 75,67 |
| 8 | kdnw | 45,67 | 79,67 |
| 9 | wdyt | 44,67 | 73,00 |
| 10 | dwsr | 42,00 | 77,33 |
| 11 | Dsr | 42,33 | 83,67 |
| 12 | Rjy | 40,67 | 80,33 |
| 13 | lydt | 43,67 | 78,67 |
| 14 | kysr | 42,33 | 70,00 |
| 15 | mlks | 38,67 | 76,00 |
| 16 | Kds | 38,67 | 80,33 |
| 17 | mndl | 44,33 | 83,33 |
| 18 | Ksr | 47,00 | 81,33 |
| 19 | Krn | 37,00 | 78,67 |
| 20 | nrsh | 39,67 | 72,33 |



Lampiran 7. Data Kelelahan Buruh Angkut

Data Kelelahan Buruh Angkut Berat Beban Junjung ≤ 25 kg

| No | Nama | Rerata Pretest | Rerata Postest |
|----|------|----------------|----------------|
| 1 | shyt | 50,00 | 73,67 |
| 2 | Ang | 49,33 | 69,33 |
| 3 | And | 48,67 | 82,67 |
| 4 | Jrn | 48,33 | 76,33 |
| 5 | Ptln | 52,67 | 73,67 |
| 6 | Lltm | 53,33 | 77,67 |
| 7 | Slnt | 46,00 | 71,33 |
| 8 | wlyn | 46,00 | 76,33 |
| 9 | Skrt | 45,33 | 67,00 |
| 10 | wlns | 47,67 | 82,67 |
| 11 | dsty | 43,00 | 67,33 |
| 12 | ysnt | 46,00 | 68,33 |
| 13 | Alyt | 46,00 | 72,67 |
| 14 | lksm | 48,33 | 72,67 |
| 15 | wtdr | 44,33 | 74,33 |
| 16 | Krn | 44,00 | 74,67 |
| 17 | wykr | 50,67 | 72,00 |
| 18 | oktr | 49,00 | 81,33 |
| 19 | lswt | 45,33 | 77,67 |
| 20 | tysh | 46,67 | 73,33 |

Data Kelelahan Buruh Angkut Berat Beban Junjung >25 kg

| No | Nama | Rerata Pretest | Rerata Postest |
|----|-------|----------------|----------------|
| 1 | wynd | 50,67 | 87,00 |
| 2 | trgnd | 52,33 | 78,67 |

| | | | |
|----|-------|-------|-------|
| 3 | PtIs | 51,33 | 94,00 |
| 4 | srynd | 51,67 | 8600 |
| 5 | Lstr | 54,00 | 87,67 |
| 6 | mnks | 57,33 | 91,67 |
| 7 | Lby | 51,00 | 89,00 |
| 8 | kdnw | 51,67 | 90,67 |
| 9 | wdyt | 50,67 | 78,00 |
| 10 | dwsr | 56,33 | 90,67 |
| 11 | Dsr | 46,67 | 90,67 |
| 12 | Rjy | 52,67 | 91,00 |
| 13 | lydt | 54,67 | 89,67 |
| 14 | kysr | 48,33 | 81,67 |
| 15 | mlks | 48,67 | 86,00 |
| 16 | Kds | 51,67 | 86,67 |
| 17 | mndl | 55,33 | 93,00 |
| 18 | Ksr | 54,00 | 88,00 |
| 19 | Krn | 48,67 | 87,33 |
| 20 | nrsh | 48,67 | 83,00 |



Lampiran 8. Data Denyut Nadi, Lama Kerja dan Produktivitas

| Denyut Nadi Kerja Buruh Angkut Klp 1 | Lama Kerja (jam) Buruh Angkut Klp 1 | Produktivitas Buruh Angkut Klp 1 | Denyut Nadi Kerja Buruh Angkut Klp II | Lama Kerja (jam) Buruh Angkut Klp II | Produktivitas Buruh Angkut Klp II |
|--------------------------------------|-------------------------------------|----------------------------------|---------------------------------------|--------------------------------------|-----------------------------------|
| 105,88 | 1,3 | 3,29 | 138,46 | 1,4 | 4,16 |
| 75,00 | 1,2 | 3,97 | 112,50 | 1,2 | 2,84 |
| 90,00 | 1,4 | 4,45 | 112,50 | 1,5 | 4,95 |
| 94,74 | 1,3 | 3,01 | 150,00 | 1,3 | 2,49 |
| 85,71 | 1,7 | 2,96 | 112,50 | 1,4 | 4,97 |
| 81,82 | 1,4 | 4,00 | 138,46 | 1,4 | 3,15 |
| 81,82 | 1,2 | 4,01 | 138,46 | 1,3 | 3,35 |
| 78,26 | 1,3 | 2,66 | 120,00 | 1,4 | 3,79 |
| 100,00 | 1,3 | 5,86 | 128,57 | 1,4 | 4,12 |
| 94,74 | 1,6 | 6,42 | 120,00 | 1,3 | 4,64 |
| 81,82 | 1,9 | 5,00 | 138,46 | 1,1 | 2,38 |
| 81,82 | 1,3 | 3,41 | 150,00 | 1,4 | 2,84 |
| 85,71 | 1,3 | 4,93 | 105,88 | 1,2 | 4,39 |
| 100,00 | 1,3 | 4,37 | 128,57 | 1,3 | 3,29 |
| 85,71 | 1,3 | 4,80 | 120,00 | 1,3 | 5,02 |
| 81,82 | 1,2 | 4,63 | 128,57 | 1,2 | 2,48 |
| 100,00 | 1,7 | 5,91 | 150,00 | 1,3 | 2,26 |
| 94,74 | 1,8 | 6,69 | 163,64 | 1,3 | 1,64 |
| 94,74 | 1,1 | 1,75 | 120,00 | 1,4 | 3,40 |
| 85,71 | 1,3 | 3,91 | 150,00 | 1,2 | 2,52 |

Lampiran 9. Selisih Keluhan Muskuloskeletal dan Kelelahan

| Selisih Keluhan Muskuloskeletal Kelompok I | Selisih Kelelahan Muskuloskeletal Kelompok I | Selisih Keluhan Muskuloskeletal Kelompok II | Selisih Kelelahan Muskuloskeletal Kelompok II |
|--|--|---|---|
| 33 | 23,67 | 35 | 36,33 |
| 20,33 | 20 | 25,33 | 26,34 |
| 22 | 34 | 28,66 | 42,67 |
| 31,66 | 28 | 38,33 | 34,33 |
| 24,34 | 21 | 34,67 | 33,67 |
| 28,33 | 24,34 | 41,34 | 34,34 |
| 25 | 25,33 | 32 | 38 |
| 18,34 | 30,33 | 34 | 39 |
| 26 | 21,67 | 28,33 | 27,33 |
| 16,33 | 35 | 35,33 | 34,34 |
| 14 | 24,33 | 41,34 | 44 |
| 13 | 22,33 | 39,66 | 38,33 |
| 15 | 26,67 | 35 | 35 |
| 20,66 | 24,34 | 27,67 | 33,34 |
| 12 | 30 | 37,33 | 37,33 |
| 13,34 | 30,67 | 41,66 | 35 |
| 23 | 21,33 | 39 | 37,67 |
| 15,34 | 32,33 | 34,33 | 34 |
| 16 | 32,34 | 41,67 | 38,66 |
| 19 | 26,66 | 32,66 | 34,33 |



Lampiran 10. Data Jarak Angkut, Ukuran Alas Angkut, Frekuensi Angkut, Frekuensi Jongkok, Beban Angkut dan Beban Kerja

Data Buruh Angkut Berat Beban Junjung ≤ 25 kg

| Jarak (m) | Ukuran Alas (cm) | Frekuensi Angkut | Frekuensi Jongkok | Beban Angkut (kg) | Beban Kerja |
|--------------|------------------------|---------------------|----------------------|-------------------------|----------------|
| 1126,67 | 3 | 12,33 | 2 | 21,75 | 85,71 |
| 623,33 | 6 | 13,33 | 3,33 | 18,62 | 75 |
| 908,67 | 3 | 13,33 | 3,33 | 21,47 | 75 |
| 747,67 | 4 | 11,67 | 2,67 | 18,8 | 81,82 |
| 875,67 | 4 | 8,33 | 2,67 | 17,91 | 69,23 |
| 896 | 5 | 12,33 | 3,67 | 18,95 | 81,82 |
| 955,33 | 5 | 13 | 2 | 21,02 | 81,82 |
| 896 | 5 | 10,33 | 3,67 | 15,49 | 78,26 |
| 955,33 | 5 | 20 | 1,67 | 22,53 | 85,71 |
| 962 | 4 | 20 | 1,67 | 19 | 90 |
| 900,33 | 5 | 10,67 | 2 | 20,17 | 81,82 |
| 829 | 3 | 11 | 1,33 | 19,49 | 81,82 |
| 632 | 5 | 16,67 | 2 | 19,48 | 85,71 |
| 757 | 4 | 16,67 | 2,33 | 20,15 | 90 |
| 872,33 | 5 | 15,67 | 1,67 | 20,21 | 72 |
| 911,67 | 5 | 16 | 3,33 | 19,73 | 81,82 |
| 813 | 4 | 15,67 | 3 | 22,18 | 78,26 |
| 754 | 5 | 18,67 | 1,33 | 18,87 | 94,74 |
| 647,33 | 5 | 11,67 | 3,67 | 12,89 | 94,74 |
| 772,67 | 4 | 12,33 | 0 | 20,92 | 85,71 |

Data Buruh Angkut Berat Beban Junjung > 25 kg

| Jarak (m) | Ukuran Alas (cm) | Frekuensi Angkut | Frekuensi Jongkok | Beban Angkut (kg) | Beban Kerja |
|--------------|------------------------|---------------------|----------------------|-------------------------|----------------|
| 672 | 6 | 11 | 1,33 | 37,38 | 138,46 |
| 1318 | 5 | 9,67 | 1,67 | 27,51 | 112,5 |
| 939,33 | 4 | 8,67 | 1 | 42,84 | 112,5 |
| 770,67 | 3 | 6,33 | 0 | 45,33 | 150 |
| 666,67 | 4 | 10,33 | 0 | 36,29 | 112,5 |
| 787,33 | 4 | 8 | 0 | 42,5 | 138,46 |
| 1095,33 | 4 | 8 | 0,67 | 44,56 | 138,46 |
| 493,33 | 3 | 7,33 | 0 | 44,29 | 112,5 |
| 1326 | 4 | 9 | 0 | 42,03 | 128,57 |
| 1321,33 | 3 | 8,33 | 0 | 51,39 | 120 |
| 806,67 | 5 | 9,33 | 1 | 34,6 | 112,5 |

| | | | | | |
|---------|---|------|------|-------|--------|
| 800,67 | 4 | 9 | 0 | 45,64 | 150 |
| 726 | 5 | 9,33 | 0,67 | 43,01 | 112,5 |
| 585,33 | 6 | 7,67 | 0 | 42,43 | 128,57 |
| 972,33 | 3 | 7,67 | 1 | 38,63 | 120 |
| 830 | 4 | 7,67 | 1,67 | 34,65 | 128,57 |
| 1338,67 | 3 | 6,67 | 1 | 39,15 | 150 |
| 928,33 | 4 | 8,33 | 1 | 41,26 | 163,64 |
| 992,33 | 3 | 8,67 | 2 | 41,67 | 120 |
| 1272,67 | 4 | 8,67 | 1,33 | 36,35 | 150 |



Lampiran 11. Hasil Rerata Bagian Tubuh yang Sakit (*Nordic Body Map*)

a NBM *pre-test* kelompok I

| Lokasi | Tidak Terasa Sakit | Sedikit Sakit | Sakit | Sangat Sakit |
|--------------------------------------|--------------------|---------------|-------|--------------|
| Sakit/ kaku Pada Leher | 16 | 6 | 0 | 0 |
| Sakit pada leher bawah | 12 | 7 | 4 | 0 |
| Sakit pada bahu kiri | 14 | 5 | 2 | 0 |
| sakit pada bahu kanan | 15 | 3 | 2 | 0 |
| sakit pada lengan atas kiri | 15 | 2 | 4 | 0 |
| sakit pada punggung | 10 | 7 | 4 | 0 |
| sakit pada lengan atas kanan | 17 | 3 | 0 | 0 |
| Sakit pada pinggang | 13 | 5 | 3 | 0 |
| sakit pada pantat (<i>Buttock</i>) | 15 | 5 | 0 | 0 |
| sakit pada pantat (<i>bottom</i>) | 11 | 9 | 0 | 0 |
| sakit pada siku kiri | 13 | 7 | 0 | 0 |
| sakit pada siku kanan | 11 | 9 | 0 | 0 |
| sakit pada lengan bawah kiri | 18 | 3 | 0 | 0 |
| sakit pada lengan bawah kanan | 15 | 4 | 2 | 0 |
| sakit pada pergelangan tangan kiri | 11 | 5 | 4 | 0 |
| sakit pada pergelangan tangan kanan | 10 | 7 | 4 | 0 |
| sakit pada tangan kiri | 14 | 6 | 0 | 0 |
| sakit pada tangan kanan | 15 | 8 | 0 | 0 |
| sakit pada paha kiri | 3 | 13 | 5 | 0 |
| sakit pada paha kanan | 3 | 13 | 4 | 0 |
| sakit pada lutut kiri | 10 | 6 | 5 | 0 |
| sakit pada lutut kanan | 11 | 5 | 6 | 0 |
| sakit pada betis kiri | 12 | 8 | 0 | 0 |
| sakit pada betis kanan | 14 | 6 | 0 | 0 |

| | | | | |
|-----------------------------------|----|---|---|---|
| sakit pada pergelangan kaki kiri | 13 | 6 | 2 | 0 |
| sakit pada pergelangan kaki kanan | 19 | 2 | 2 | 0 |
| sakit pada kaki kiri | 13 | 7 | 1 | 0 |
| sakit pada kaki kanan | 17 | 4 | 1 | 0 |

b NBM *pos-test* kelompok I

| Lokasi | Tidak Terasa Sakit | Sedikit Sakit | Sakit | Sangat Sakit |
|--------------------------------------|--------------------|---------------|-------|--------------|
| Sakit/ kaku Pada Leher | 8 | 3 | 3 | 5 |
| Sakit pada leher bawah | 4 | 8 | 6 | 2 |
| Sakit pada bahu kiri | 2 | 3 | 17 | 1 |
| sakit pada bahu kanan | 2 | 2 | 17 | 1 |
| sakit pada lengan atas kiri | 7 | 8 | 5 | 0 |
| sakit pada punggung | 2 | 5 | 13 | 2 |
| sakit pada lengan atas kanan | 18 | 2 | 1 | 1 |
| Sakit pada pinggang | 4 | 0 | 9 | 7 |
| sakit pada pantat (<i>Buttock</i>) | 7 | 7 | 10 | 4 |
| sakit pada pantat (<i>bottom</i>) | 7 | 8 | 5 | 4 |
| sakit pada siku kiri | 13 | 4 | 5 | 0 |
| sakit pada siku kanan | 9 | 7 | 6 | 0 |
| sakit pada lengan bawah kiri | 12 | 4 | 7 | 0 |
| sakit pada lengan bawah kanan | 13 | 5 | 2 | 0 |
| sakit pada pergelangan tangan kiri | 4 | 14 | 2 | 3 |
| sakit pada pergelangan tangan kanan | 3 | 12 | 5 | 2 |
| sakit pada tangan kiri | 5 | 11 | 4 | 0 |
| sakit pada tangan kanan | 4 | 10 | 5 | 2 |
| sakit pada paha kiri | 2 | 7 | 8 | 3 |
| sakit pada paha kanan | 3 | 7 | 8 | 4 |

| | | | | |
|-----------------------------------|---|----|---|---|
| sakit pada lutut kiri | 8 | 3 | 4 | 5 |
| sakit pada lutut kanan | 7 | 4 | 4 | 5 |
| sakit pada betis kiri | 3 | 8 | 2 | 9 |
| sakit pada betis kanan | 3 | 10 | 2 | 8 |
| sakit pada pergelangan kaki kiri | 7 | 5 | 6 | 2 |
| sakit pada pergelangan kaki kanan | 9 | 6 | 8 | 0 |
| sakit pada kaki kiri | 3 | 13 | 4 | 2 |
| sakit pada kaki kanan | 3 | 13 | 3 | 0 |

c NBM *pre-test* kelompok II

| Lokasi | Tidak Terasa Sakit | Sedikit Sakit | Sakit | Sangat Sakit |
|--------------------------------------|--------------------|---------------|-------|--------------|
| Sakit/ kaku Pada Leher | 19 | 1 | 0 | 0 |
| Sakit pada leher bawah | 16 | 3 | 0 | 0 |
| Sakit pada bahu kiri | 15 | 4 | 0 | 0 |
| sakit pada bahu kanan | 16 | 3 | 0 | 0 |
| sakit pada lengan atas kiri | 6 | 7 | 6 | 0 |
| sakit pada punggung | 8 | 8 | 4 | 0 |
| sakit pada lengan atas kanan | 14 | 5 | 1 | 0 |
| Sakit pada pinggang | 13 | 5 | 2 | 0 |
| sakit pada pantat (<i>Buttock</i>) | 10 | 8 | 2 | 0 |
| sakit pada pantat (<i>bottom</i>) | 8 | 10 | 2 | 0 |
| sakit pada siku kiri | 8 | 11 | 3 | 0 |
| sakit pada siku kanan | 7 | 12 | 2 | 0 |
| sakit pada lengan bawah kiri | 18 | 2 | 0 | 0 |
| sakit pada lengan bawah kanan | 18 | 2 | 0 | 0 |
| sakit pada pergelangan tangan kiri | 9 | 6 | 4 | 0 |
| sakit pada pergelangan tangan kanan | 3 | 12 | 4 | 0 |
| sakit pada tangan kiri | 17 | 2 | 0 | 0 |

| | | | | |
|-----------------------------------|----|----|---|---|
| sakit pada tangan kanan | 16 | 3 | 0 | 0 |
| sakit pada paha kiri | 8 | 5 | 7 | 0 |
| sakit pada paha kanan | 3 | 10 | 7 | 0 |
| sakit pada lutut kiri | 8 | 12 | 1 | 0 |
| sakit pada lutut kanan | 10 | 7 | 3 | 0 |
| sakit pada betis kiri | 7 | 9 | 3 | 1 |
| sakit pada betis kanan | 9 | 11 | 0 | 1 |
| sakit pada pergelangan kaki kiri | 15 | 4 | 0 | 0 |
| sakit pada pergelangan kaki kanan | 14 | 6 | 0 | 0 |
| sakit pada kaki kiri | 10 | 8 | 2 | 0 |
| sakit pada kaki kanan | 10 | 8 | 2 | 0 |

d NBM *pos-test* kelompok II

| Lokasi | Tidak Terasa Sakit | Sedikit Sakit | Sakit | Sangat Sakit |
|--------------------------------------|--------------------|---------------|-------|--------------|
| Sakit/ kaku Pada Leher | 3 | 6 | 10 | 3 |
| Sakit pada leher bawah | 3 | 5 | 5 | 7 |
| Sakit pada bahu kiri | 1 | 9 | 17 | 2 |
| sakit pada bahu kanan | 1 | 7 | 17 | 2 |
| sakit pada lengan atas kiri | 3 | 8 | 9 | 2 |
| sakit pada punggung | 3 | 6 | 12 | 2 |
| sakit pada lengan atas kanan | 4 | 6 | 6 | 5 |
| Sakit pada pinggang | 0 | 1 | 1 | 14 |
| sakit pada pantat (<i>Buttock</i>) | 11 | 2 | 2 | 5 |
| sakit pada pantat (<i>bottom</i>) | 12 | 5 | 5 | 0 |
| sakit pada siku kiri | 5 | 6 | 7 | 0 |
| sakit pada siku kanan | 6 | 6 | 6 | 0 |
| sakit pada lengan bawah kiri | 11 | 6 | 5 | 0 |
| sakit pada lengan bawah kanan | 11 | 5 | 4 | 0 |
| sakit pada pergelangan tangan kiri | 1 | 8 | 6 | 2 |

| | | | | |
|-------------------------------------|---|---|----|----|
| sakit pada pergelangan tangan kanan | 1 | 9 | 9 | 2 |
| sakit pada tangan kiri | 2 | 8 | 12 | 1 |
| sakit pada tangan kanan | 2 | 8 | 12 | 1 |
| sakit pada paha kiri | 2 | 3 | 5 | 9 |
| sakit pada paha kanan | 2 | 2 | 3 | 11 |
| sakit pada lutut kiri | 1 | 3 | 3 | 10 |
| sakit pada lutut kanan | 1 | 3 | 4 | 10 |
| sakit pada betis kiri | 1 | 6 | 4 | 8 |
| sakit pada betis kanan | 3 | 4 | 6 | 6 |
| sakit pada pergelangan kaki kiri | 2 | 8 | 8 | 4 |
| sakit pada pergelangan kaki kanan | 2 | 8 | 9 | 2 |
| sakit pada kaki kiri | 5 | 8 | 11 | 3 |
| sakit pada kaki kanan | 5 | 7 | 11 | 3 |



Lampiran 12. Hasil Uji Deskriptif Kesetaraan Kondisi Subjek

a. Umur

| Group Statistics | | | | | |
|------------------|------------|----|-------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| Umur | Kelompok 1 | 20 | 36.25 | 8.353 | 1.868 |
| | kelompok 2 | 20 | 36.80 | 10.466 | 2.340 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-----------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|-------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| Umur | Equal variances assumed | 1.175 | .285 | -.184 | 38 | .855 | -.550 | 2.994 | -6.612 | 5.512 |
| | Equal variances not assumed | | | -.184 | 36.219 | .855 | -.550 | 2.994 | -6.621 | 5.521 |

Mann-Whitney Test

| Test Statistics ^a | |
|------------------------------|---------|
| | Umur |
| Mann-Whitney U | 193.500 |
| Wilcoxon W | 403.500 |
| Z | -.176 |

| | |
|--------------------------------|-------------------|
| Asymp. Sig. (2-tailed) | .860 |
| Exact Sig. [2*(1-tailed Sig.)] | .862 ^b |
| a. Grouping Variable: Kelompok | |
| b. Not corrected for ties. | |

b. Tinggi Badan

| Group Statistics | | | | | |
|------------------|------------|----|--------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| Tinggi | Kelompok 1 | 20 | 155.10 | 5.524 | 1.235 |
| | kelompok 2 | 20 | 155.95 | 3.804 | .851 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-----------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|-------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| Tinggi | Equal variances assumed | 5.371 | .026 | -.567 | 38 | .574 | -.850 | 1.500 | -3.886 | 2.186 |
| | Equal variances not assumed | | | -.567 | 33.712 | .575 | -.850 | 1.500 | -3.899 | 2.199 |

Mann-Whitney Test

| Test Statistics ^a | |
|--------------------------------|-------------------|
| | Tinggi |
| Mann-Whitney U | 189.000 |
| Wilcoxon W | 399.000 |
| Z | -.299 |
| Asymp. Sig. (2-tailed) | .765 |
| Exact Sig. [2*(1-tailed Sig.)] | .779 ^b |
| a. Grouping Variable: Kelompok | |
| b. Not corrected for ties. | |

c. Berat Badan

| Group Statistics | | | | | |
|------------------|------------|----|-------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| BeratBadan | Kelompok 1 | 20 | 52.60 | 4.096 | .916 |
| | kelompok 2 | 20 | 54.40 | 3.648 | .816 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-------------------------|---|------|------------------------------|----|-----------------|-----------------|-----------------------|---|-------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| BeratBadan | Equal variances assumed | .261 | .613 | -1.468 | 38 | .150 | -1.800 | 1.226 | -4.283 | .683 |

| | | | | | | | | | | |
|--|--|--|--|----------------|------------|----------|--------|-------|----------------|----------|
| | Equal varian ces not assu med | | | - 1.4 68 | 37.5 00 | .15 1 | -1.800 | 1.226 | - 4.2 84 | .68 4 |
|--|--|--|--|----------------|------------|----------|--------|-------|----------------|----------|

Mann-Whitney Test

| Test Statistics ^a | |
|--------------------------------|-------------------|
| | BeratBadan |
| Mann-Whitney U | 148.000 |
| Wilcoxon W | 358.000 |
| Z | -1.413 |
| Asymp. Sig. (2-tailed) | .158 |
| Exact Sig. [2*(1-tailed Sig.)] | .165 ^b |
| a. Grouping Variable: Kelompok | |
| b. Not corrected for ties. | |



d. IMT

| Group Statistics | | | | | |
|------------------|------------|----|---------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| IMT | Kelompok 1 | 20 | 21.8490 | 1.01945 | .22796 |
| | kelompok 2 | 20 | 22.3885 | 1.64125 | .36699 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-----------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|--------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| I M T | Equal variances assumed | 7.347 | .010 | -1.249 | 38 | .219 | -.53950 | .43203 | -1.41410 | .33510 |
| | Equal variances not assumed | | | -1.249 | 31.762 | .221 | -.53950 | .43203 | -1.41977 | .34077 |

Mann-Whitney Test

| Test Statistics ^a | |
|--------------------------------|-------------------|
| | IMT |
| Mann-Whitney U | 168.000 |
| Wilcoxon W | 378.000 |
| Z | -.866 |
| Asymp. Sig. (2-tailed) | .386 |
| Exact Sig. [2*(1-tailed Sig.)] | .398 ^b |
| a. Grouping Variable: Kelompok | |
| b. Not corrected for ties. | |



Lampiran 13. Hasil Uji Deskriptif Kondisi Lingkungan

| Descriptive Statistics | | | | | |
|------------------------|---|---------|---------|----------|----------------|
| | N | Minimum | Maximum | Mean | Std. Deviation |
| Suhu | 9 | 27.40 | 30.40 | 28.8444 | 1.01379 |
| Kelembaban | 9 | 66.40 | 88.60 | 80.1556 | 8.12575 |
| Kebisingan | 9 | 55.80 | 74.14 | 64.8178 | 6.31940 |
| Cahaya | 9 | 36.80 | 274.20 | 174.1956 | 104.63031 |
| Angin | 9 | 1.96 | 2.56 | 2.2844 | .19698 |
| Valid N (listwise) | 9 | | | | |



Lampiran 14. Hasil Analisis Deskriptif terhadap Keluhan Muskuloskeletal Kelelahan dan Produktivitas

| Group Statistics | | | | | |
|------------------|------------|----|---------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| Keluhan | Kelompok 1 | 20 | 60.1845 | 6.51384 | 1.45654 |
| | Kelompok 2 | 20 | 77.4330 | 4.06458 | .90887 |
| Kelelahan | Kelompok 1 | 20 | 74.2500 | 4.61091 | 1.03103 |
| | Kelompok 2 | 20 | 87.5180 | 4.39762 | .98334 |
| Produktivitas | Kelompok 1 | 20 | 4.3015 | 1.28564 | .28748 |
| | Kelompok 2 | 20 | 3.4340 | 1.02149 | .22841 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-----------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|-----------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | t | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| Keluhan | Equal variances assumed | 4.339 | .044 | -10.047 | 38 | .000 | -17.24850 | 1.71684 | -20.72406 | -13.77294 |
| | Equal variances not assumed | | | -10.047 | 31.848 | .000 | -17.24850 | 1.71684 | -20.74625 | -13.75075 |
| Kelelahan | Equal variances assumed | .056 | .814 | -9.312 | 38 | .000 | -13.26800 | 1.42477 | -16.15230 | -10.38370 |

| | | | | | | | | | | |
|---------------|--------------------------------------|------|----------|------------|------------|------|-------------------|---------|-------------------|-------------------|
| | Equal variances not assumed | | | - 9.312 | 37.91 5 | .000 | - 13.2680 0 | 1.42477 | - 16.1525 2 | - 10.3834 8 |
| Produktivitas | Equal variances assumed | .506 | .48 1 | 2.363 | 38 | .023 | .86750 | .36717 | .12420 | 1.61080 |
| | Equal variances not assumed | | | 2.363 | 36.15 3 | .024 | .86750 | .36717 | .12295 | 1.61205 |



Lampiran 15. Hasil Uji Prasyarat

a Keluhan Muskuloskeletal Kelompok I (≤ 25 kg)

| One-Sample Kolmogorov-Smirnov Test | | | | |
|--|----------------|-------------------|---------------------|---------------------|
| | | Keluhanpre | Keluhanpos | SelisihKeluhanKlpl |
| N | | 20 | 20 | 20 |
| Normal Parameters ^{a,b} | Mean | 39.8510 | 60.1845 | 20.3335 |
| | Std. Deviation | 1.65562 | 6.51384 | 6.23570 |
| | | | | |
| Most Extreme Differences | Absolute | .164 | .100 | .140 |
| | Positive | .164 | .100 | .140 |
| | Negative | -.106 | -.072 | -.091 |
| Test Statistic | | .164 | .100 | .140 |
| Asymp. Sig. (2-tailed) | | .163 ^c | .200 ^{c,d} | .200 ^{c,d} |
| a. Test distribution is Normal. | | | | |
| b. Calculated from data. | | | | |
| c. Lilliefors Significance Correction. | | | | |
| d. This is a lower bound of the true significance. | | | | |

b Keluhan Muskuloskeletal Kelompok II

| One-Sample Kolmogorov-Smirnov Test | | | | |
|--|----------------|---------------------|---------------------|----------------------|
| | | Keluhanpre | Keluhanpos | SelisihKeluhanKlplII |
| N | | 20 | 20 | 20 |
| Normal Parameters ^{a,b} | Mean | 42.2675 | 77.4330 | 35.1655 |
| | Std. Deviation | 2.82715 | 4.06458 | 4.97883 |
| | | | | |
| Most Extreme Differences | Absolute | .140 | .120 | .107 |
| | Positive | .114 | .112 | .104 |
| | Negative | -.140 | -.120 | -.107 |
| Test Statistic | | .140 | .120 | .107 |
| Asymp. Sig. (2-tailed) | | .200 ^{c,d} | .200 ^{c,d} | .200 ^{c,d} |
| a. Test distribution is Normal. | | | | |
| b. Calculated from data. | | | | |
| c. Lilliefors Significance Correction. | | | | |
| d. This is a lower bound of the true significance. | | | | |

c Kelelahan Kelompok I (≤ 25 kg)

| One-Sample Kolmogorov-Smirnov Test | | | | |
|--|----------------|-------------------|---------------------|----------------------|
| | | Kelelahanpre | Kelelahanpos | SelisihKelelahanKlpl |
| N | | 20 | 20 | 20 |
| Normal Parameters ^{a,b} | Mean | 47.5330 | 74.2500 | 26.7170 |
| | Std. Deviation | 2.78175 | 4.60989 | 4.62049 |
| | | | | |
| Most Extreme Differences | Absolute | .159 | .114 | .147 |
| | Positive | .159 | .114 | .147 |
| | Negative | -.068 | -.088 | -.111 |
| Test Statistic | | .159 | .114 | .147 |
| Asymp. Sig. (2-tailed) | | .198 ^c | .200 ^{c,d} | .200 ^{c,d} |
| a. Test distribution is Normal. | | | | |
| b. Calculated from data. | | | | |
| c. Lilliefors Significance Correction. | | | | |
| d. This is a lower bound of the true significance. | | | | |

d Kelelahan Kelompok II (> 25 kg)

| One-Sample Kolmogorov-Smirnov Test | | | | |
|--|----------------|---------------------|-------------------|-----------------------|
| | | Kelelahanpre | Kelelahanpos | SelisihKelelahanKlplI |
| N | | 20 | 20 | 20 |
| Normal Parameters ^{a,b} | Mean | 51.8168 | 87.5180 | 35.7005 |
| | Std. Deviation | 2.84575 | 4.39762 | 4.19865 |
| | | | | |
| Most Extreme Differences | Absolute | .121 | .165 | .187 |
| | Positive | .121 | .078 | .116 |
| | Negative | -.093 | -.165 | -.187 |
| Test Statistic | | .121 | .165 | .187 |
| Asymp. Sig. (2-tailed) | | .200 ^{c,d} | .157 ^c | .065 ^c |
| a. Test distribution is Normal. | | | | |
| b. Calculated from data. | | | | |
| c. Lilliefors Significance Correction. | | | | |
| d. This is a lower bound of the true significance. | | | | |

e Produktivitas Kelompok I (≤ 25 kg)

| One-Sample Kolmogorov-Smirnov Test | | |
|--|----------------|---------------------|
| | | Produktivitas1 |
| N | | 20 |
| Normal Parameters ^{a,b} | Mean | 4.3015 |
| | Std. Deviation | 1.28564 |
| Most Extreme Differences | Absolute | .093 |
| | Positive | .093 |
| | Negative | -.087 |
| Test Statistic | | .093 |
| Asymp. Sig. (2-tailed) | | .200 ^{c,d} |
| a. Test distribution is Normal. | | |
| b. Calculated from data. | | |
| c. Lilliefors Significance Correction. | | |
| d. This is a lower bound of the true significance. | | |

f. Produktivitas Kelompok II (> 25 kg)

| One-Sample Kolmogorov-Smirnov Test | | |
|--|----------------|---------------------|
| | | Produktivitas2 |
| N | | 20 |
| Normal Parameters ^{a,b} | Mean | 3.4340 |
| | Std. Deviation | 1.02149 |
| Most Extreme Differences | Absolute | .120 |
| | Positive | .120 |
| | Negative | -.099 |
| Test Statistic | | .120 |
| Asymp. Sig. (2-tailed) | | .200 ^{c,d} |
| a. Test distribution is Normal. | | |
| b. Calculated from data. | | |
| c. Lilliefors Significance Correction. | | |
| d. This is a lower bound of the true significance. | | |

Lampiran 16. Pengujian Hipotesis

a Keluhan Muskuloskeletal

| Group Statistics | | | | | |
|-----------------------|------------|----|---------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |
| KeluhanSebelumBekerja | Kelompok 1 | 20 | 39.8510 | 1.65562 | .37021 |
| | Kelompok 2 | 20 | 42.2675 | 2.82715 | .63217 |
| KeluhanSesudahBekerja | Kelompok 1 | 20 | 60.1845 | 6.51384 | 1.45654 |
| | Kelompok 2 | 20 | 77.4330 | 4.06458 | .90887 |
| SelisihKeluhan | Kelompok 1 | 20 | 20.3335 | 6.23570 | 1.39435 |
| | Kelompok 2 | 20 | 35.1655 | 4.97883 | 1.11330 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-------------------------|---|------|------------------------------|----|-----------------|-----------------|-----------------------|---|---------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | T | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| KeluhanSebelumBekerja | Equal variances assumed | 7.954 | .008 | -3.299 | 38 | .002 | -2.41650 | .73259 | -3.8956 | -.93344 |

| | | | | | | | | | | |
|-----------------------|-----------------------------|-------|------|---------|--------|------|-----------|---------|-----------|-----------|
| | Equal variances not assumed | | | -3.299 | 30.661 | .002 | -2.41650 | .73259 | -3.91130 | -.92170 |
| KeluhanSesudahBekerja | Equal variances assumed | 4.339 | .044 | -10.047 | 38 | .000 | -17.24850 | 1.71684 | -20.72406 | -13.77294 |
| | Equal variances not assumed | | | -10.047 | 31.848 | .000 | -17.24850 | 1.71684 | -20.74625 | -13.75075 |
| SelisihKeluhan | Equal variances assumed | 1.386 | .246 | -8.313 | 38 | .000 | -14.83200 | 1.78427 | -18.44408 | -11.21992 |
| | Equal variances not assumed | | | -8.313 | 36.225 | .000 | -14.83200 | 1.78427 | -18.44990 | -11.21410 |

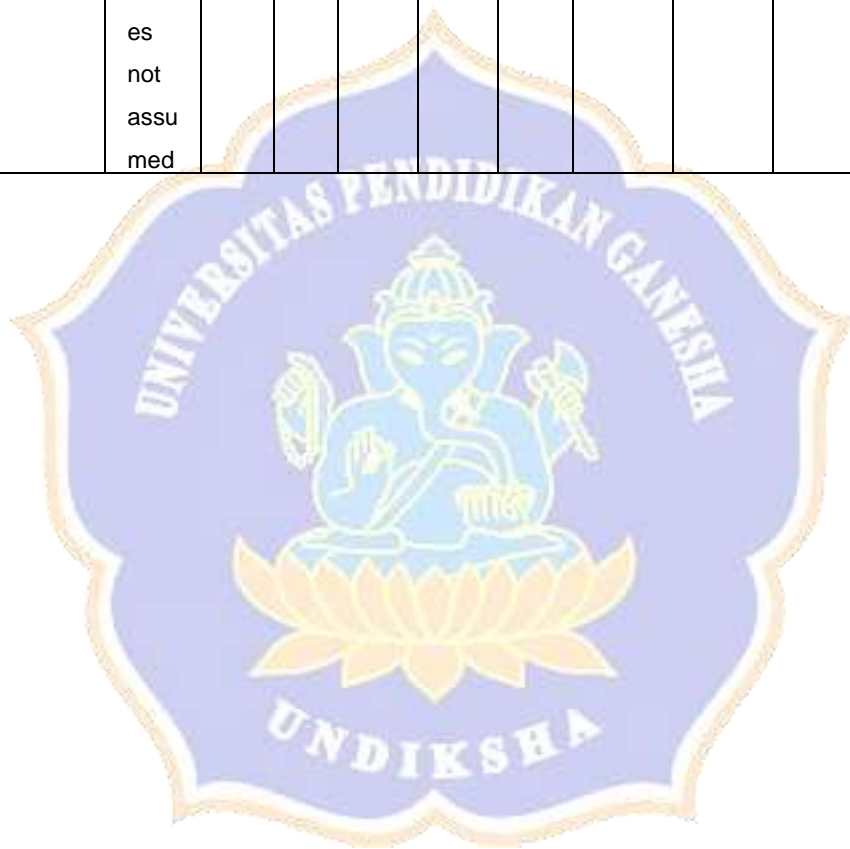
b Kelelahan

| Group Statistics | | | | | |
|------------------|----------|---|------|----------------|-----------------|
| | Kelompok | N | Mean | Std. Deviation | Std. Error Mean |

| | | | | | |
|-------------------------|------------|----|---------|---------|---------|
| KelelahanSebelumBekerja | Kelompok 1 | 20 | 47.5330 | 2.78175 | .62202 |
| | Kelompok 2 | 20 | 51.8168 | 2.84575 | .63633 |
| KeluhanSesudahBekerja | Kelompok 1 | 20 | 60.1845 | 6.51384 | 1.45654 |
| | Kelompok 2 | 20 | 77.4330 | 4.06458 | .90887 |

| Independent Samples Test | | | | | | | | | | |
|--------------------------|-----------------------------|---|------|------------------------------|--------|-----------------|-----------------|-----------------------|---|----------|
| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | | |
| | | F | Sig. | T | df | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference | |
| | | | | | | | | | Lower | Upper |
| KelelahanSebelumBekerja | Equal variances assumed | .011 | .917 | -4.814 | 38 | .000 | -4.28375 | .88984 | -6.08515 | -2.48235 |
| | Equal variances not assumed | | | -4.814 | 37.980 | .000 | -4.28375 | .88984 | -6.08518 | -2.48232 |

| | | | | | | | | | | |
|-----------------------|--|---------------|------------------|---------------------|----------------|----------|-------------------|-------------|-----------------------|-----------------------|
| KeluhanSesudahBekerja | Equ al vari anc es assu med | 4. 33 9 | . 0 4 4 | - 10. 04 7 | 38 | .0 00 | - 17.2 4850 | 1.71 684 | - 20.7 240 6 | - 13.7 729 4 |
| | Equ al vari anc es not assu med | | | - 10. 04 7 | 31. 84 8 | .0 00 | - 17.2 4850 | 1.71 684 | - 20.7 462 5 | - 13.7 507 5 |



Lampiran 6. Hasil Uji Regresi

a Keluhan Muskuloskeletal Terhadap Produktivitas (Kelompok I)

| Model Summary | | | | |
|---------------|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .239 ^a | .057 | .005 | 1.28251 |

a. Predictors: (Constant), SelisihKeluhanklpl

| ANOVA ^a | | | | | | |
|--------------------|------------|----------------|----|-------------|-------|-------------------|
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | 1.798 | 1 | 1.798 | 1.093 | .310 ^b |
| | Residual | 29.607 | 18 | 1.645 | | |
| | Total | 31.404 | 19 | | | |

a. Dependent Variable: Produktivitasklpl
b. Predictors: (Constant), SelisihKeluhanklpl

| Coefficients ^a | | | | | | |
|---------------------------|--------------------|-----------------------------|------------|---------------------------|--------|------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 5.304 | 1.001 | | 5.297 | .000 |
| | SelisihKeluhanklpl | -.049 | .047 | -.239 | -1.045 | .310 |

a. Dependent Variable: Produktivitasklpl

b Kelelahan Terhadap Produktivitas (Kelompok I)

| Model Summary | | | | |
|---------------|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .112 ^a | .013 | -.042 | 1.31251 |

a. Predictors: (Constant), SelisihKelehanKlpl

| ANOVA ^a | | | | | | |
|--------------------|------------|----------------|----|-------------|------|-------------------|
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | .396 | 1 | .396 | .230 | .637 ^b |
| | Residual | 31.008 | 18 | 1.723 | | |
| | Total | 31.404 | 19 | | | |

a. Dependent Variable: ProduktivitasKlp1

b. Predictors: (Constant), SelisihKelehanKlpl

| Coefficients ^a | | | | | | |
|---------------------------|--------------------|-----------------------------|------------|---------------------------|-------|------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 3.466 | 1.766 | | 1.963 | .065 |
| | SelisihKelehanKlpl | .031 | .065 | .112 | .480 | .637 |

a. Dependent Variable: ProduktivitasKlp1

c Keluhan muskuloskeletal Terhadap Produktivitas (Kelompok II)

| Model Summary | | | | |
|---------------|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .272 ^a | .074 | .022 | 1.01006 |

a. Predictors: (Constant), SelisihKeluhanKlpII

| ANOVA ^a | | | | | | |
|--------------------|------------|----------------|----|-------------|-------|-------------------|
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | 1.461 | 1 | 1.461 | 1.432 | .247 ^b |
| | Residual | 18.364 | 18 | 1.020 | | |
| | Total | 19.825 | 19 | | | |

a. Dependent Variable: ProduktivitasII
b. Predictors: (Constant), SelisihKeluhanKlpII

| Coefficients ^a | | | | | | |
|---------------------------|---------------------|-----------------------------|------------|---------------------------|--------|------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 5.393 | 1.652 | | 3.264 | .004 |
| | SelisihKeluhanKlpII | -.056 | .047 | -.272 | -1.197 | .247 |

a. Dependent Variable: ProduktivitasII

d Kelelahan Terhadap Produktivitas (Kelompok II)

| Model Summary | | | | |
|---------------|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .040 ^a | .002 | -.054 | 1.04864 |

a. Predictors: (Constant), SelisihKelelahanKlplI

| ANOVA ^a | | | | | | |
|--------------------|------------|----------------|----|-------------|------|-------------------|
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | .031 | 1 | .031 | .029 | .868 ^b |
| | Residual | 19.794 | 18 | 1.100 | | |
| | Total | 19.825 | 19 | | | |

a. Dependent Variable: ProduktivitasKlplI

b. Predictors: (Constant), SelisihKelelahanKlplI

| Coefficients ^a | | | | | | |
|---------------------------|-----------------------|-----------------------------|------------|---------------------------|-------|------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 3.088 | 2.059 | | 1.500 | .151 |
| | SelisihKelelahanKlplI | .010 | .057 | .040 | .169 | .868 |

a. Dependent Variable: ProduktivitasKlplI

Lampiran 17. Dokumentasi Penelitian





Alat Ukur dan Aplikasi Ukur Lingkungan



Pemberian Label Penanda



Pengukuran Suhu Tubuh



Penjelasan Kuesioner



Pengukuran Kondisi Tubuh



Pengukuran Kondisi Tubuh



Jenis Barang Angkut



**Proses Penelitian Berlangsung
Kegiatan Penimbangan**

Lampiran 18. Riwayat Hidup

RIWAYAT HIDUP



Ni Putu Apriantini lahir di Denpasar, 25 April 2000. Penulis lahir dari pasangan suami istri Bapak I Nyoman Wandra dan Ibu Ni Kadek Nursari Wirasanti. Penulis berkebangsaan Indonesia dan beragama Hindu. Penulis beralamat di Jalan Astasura, No 15, Banjar Benaya, Peguyangan, Denpasar Utara. Penulis menempuh pendidikan sekolah dasar di SD Negeri 1 Peguyangan, kemudian setelah lulus sekolah dasar penulis melanjutkan pendidikan ke sekolah menengah pertama di SMP PGRI 9 Denpasar hingga tahun 2015, setelah lulus dari sekolah menengah pertama penulis melanjutkan pendidikan ke sekolah menengah atas di SMA Negeri 8 Denpasar hingga tahun 2018, kemudian meneruskan pendidikan pada Program S1 Prodi Pendidikan Biologi di Universitas Pendidikan Ganesha. Penelitian akhir yang dilakukan penulis berjudul “Berat Beban Beban Yang Dijunjung Mengakibatkan Perbedaan Keluhan Muskuloskeletal Dan Kelelahan Serta Kontribusinya Terhadap Produktivitas Kerja Buruh Angkut Di Pasar Badung”.



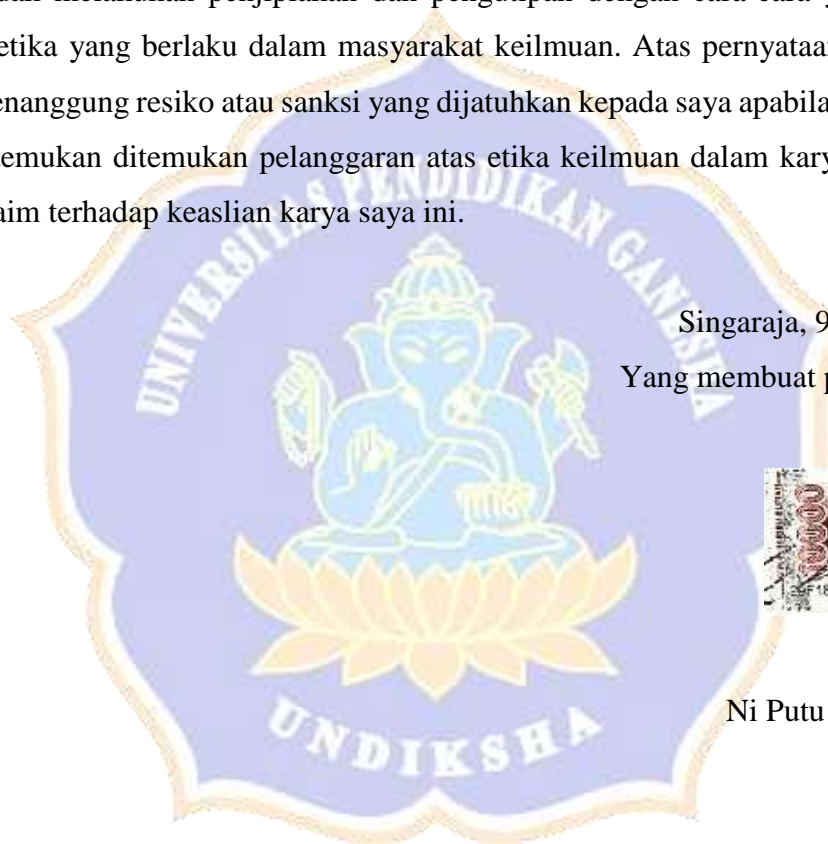
Lampiran 19. Pernyataan Keaslian

PERNYATAAN

Dengan ini saya menyatakan bahwa karya tulis berupa skripsi yang berjudul Berat Beban Beban Yang Dijunjung Mengakibatkan Perbedaan Keluhan Muskuloskeletal Dan Kelelahan Serta Kontribusinya Terhadap Produktivitas Kerja Buruh Angkut Di Pasar Badung beserta seluruh isinya adalah benar-benar karya saya sendiri dan saya tidak melakukan penjiplakan dan pengutipan dengan cara-cara yang tidak sesuai etika yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko atau sanksi yang dijatuhkan kepada saya apabila kemudian hari ditemukan pelanggaran atas etika keilmuan dalam karya saya ini atau klaim terhadap keaslian karya saya ini.

Singaraja, 9 Juni 2022

Yang membuat pernyataan



Ni Putu Apriantini