

**HUBUNGAN STATUS GIZI DAN KEBIASAAN BEROLAHRAGA
DENGAN *MUSCULOSKELETAL DISORDERS* (MSDs) PADA
TERAPIS GIGI DAN MULUT DI PUSKESMAS
KABUPATEN TASIKMALAYA**

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ABSTRAK

Latar Belakang: *Musculoskeletal disorders* (MSDs) merupakan keluhan maupun kerusakan yang berada pada bagian otot skeletal atau otot rangka yang dirasakan seseorang mulai dari keluhan ringan hingga sangat sakit, terdapat beberapa faktor terjadinya *Musculoskeletal Disorders* diantaranya status gizi dan kebiasaan berolahraga. **Tujuan:** Menganalisis hubungan status gizi dan kebiasaan berolahraga dengan *Musculoskeletal Disorders* (MSDs) pada terapis gigi dan mulut di Puskesmas Kabupaten Tasikmalaya. **Metode:** Penelitian ini menggunakan jenis penelitian kuantitatif dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan Teknik purposive sampling. Subjek penelitian adalah Terapis Gigi dan Mulut yang bekerja di Puskesmas Kabupaten Tasikmalaya sebanyak 30 orang. **Hasil Penelitian:** Menunjukkan bahwa sebagian besar status gizi berkategori gemuk (60%), kebiasaan berolahraga tidak aktif (80%) dan *Musculoskeletal Disorders* (MSDs) tingkat risiko rendah (86,7%). Hasil uji statistik diperoleh status gizi dengan *Musculoskeletal Disorders* (MSDs) ($p=0,044$) nilai *correlation coefficient* = $-0,370$ dan kebiasaan berolahraga dengan *Musculoskeletal Disorders* (MSDs) ($p=0,191$) serta nilai *correlation coefficient* = $0,245$. **Kesimpulan:** Ada hubungan antara status gizi dengan *Musculoskeletal Disorders* (MSDs) tetapi kekuatan hubungan bernilai negatif sehingga memberi dampak berlawanan dan tidak ada hubungan antara kebiasaan berolahraga dengan *Musculoskeletal Disorders* (MSDs) serta memiliki kekuatan hubungan yang rendah.

Kata Kunci: Status Gizi, Kebiasaan Berolahraga, *Musculoskeletal Disorders* (MSDs), Terapis Gigi dan Mulut

Daftar Pustaka: 60 (2014-2023)

**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND
EXERCISE HABITS WITH MUSCULOSKELETAL
DISORDERS (MSDs) IN DENTAL AND
ORAL THERAPISTS AT THE
TASIKMALAYA DISTRICT
HEALTH CENTER**

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ABSTRACT

Background: Musculoskeletal disorders (MSDs) are complaints or damage to the skeletal muscles that a person feels ranging from mild complaints to very painful. There are several factors that cause Musculoskeletal Disorders, including nutritional status and exercise habits. **Purpose:** To analyze the relationship between nutritional status and exercise habits with Musculoskeletal Disorders (MSDs) in dental and oral therapists at the Tasikmalaya District Health Center. **Method:** This research uses a quantitative type of research with a cross sectional approach. Sampling used purposive sampling technique. The research subjects were 30 Dental and Oral Therapists who worked at the Tasikmalaya District Health Center. **Results:** Shows that the majority of nutritional status is categorized as obese (60%), inactive exercise habits (80%) and Musculoskeletal Disorders (MSDs) with low risk levels (86.7%). The statistical test results obtained nutritional status with Musculoskeletal Disorders (MSDs) ($p=0.044$) correlation coefficient value = -0.370 and exercise habits with Musculoskeletal Disorders (MSDs) ($p=0.191$) and correlation coefficient value = 0.245. **Conclusion:** There is a relationship between nutritional status and Musculoskeletal Disorders (MSDs) but the strength of the relationship is negative so it has the opposite impact and there is no relationship between exercise habits and Musculoskeletal Disorders (MSDs) and the strength of the relationship is low.

Keywords: Nutritional Status, Exercise Habits, Musculoskeletal Disorders (MSDs), Dental and Oral Therapists

Bibliography: 60 (2014-2023)