

# HUBUNGAN ANTARA KESESUAIAN DIMENSI BECAK TERHADAP ANTROPOMETRI DENGAN KELUHAN SUBJEKTIF PADA PENGEMUDI BECAK DI DAERAH WATES KABUPATEN KULON PROGO

JUNI WIDIYASTUTI -- E2A000041  
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Ergonomi merupakan salah satu bagian kesehatan kerja yang jika diterapkan secara tepat akan menciptakan kondisi yang nyaman. Kesesuaian alat dengan ukuran tubuh manusia mempengaruhi kenyamanan posisi kerja. Rancangan becak yang masih belum tersentuh oleh teknologi menyulitkan pengemudinya. Tujuan penelitian ini adalah untuk mengetahui hubungan antara kesesuaian antropometri dengan dimensi becak terhadap keluhan subjektif pada pengemudi becak di daerah Wates kabupaten Kulon Progo. Jenis penelitian ini termasuk *explanatory research* dengan desain studi *cross sectional*. Sasaran penelitian adalah pengemudi becak yang aktif beroperasi di daerah Wates dengan jumlah populasi penelitian 106 orang, sampel 54 orang. Teknik pengambilan sampel dengan *simple random sampling*. Cara pengumpulan data dengan wawancara, observasi dan pengukuran. Analisis data menggunakan uji statistik *Chi-square*. Ada hubungan yang bermakna antara ergonomi jangkauan kaki terhadap keluhan di bagian betis ( $X^2_0 = 4,194 > X^2_t = 3,481$  dan  $p = 0,041 < a = 0,05$ ). Tidak ada hubungan antara ergonomi panjang lengan bawah terhadap keluhan di bagian punggung ( $X^2_0 = 2,680 < X^2_t = 3,481$  dan  $p = 0,102 > a = 0,05$ ). Saran bagi LSM yang membina pengadaan becak disarankan untuk mengembangkan modifikasi sandaran dan sadel yang bisa di stel tinggi sadelnya, bagi Dinas Pariwisata untuk membantu kesejahteraan hidup pengemudi becak.

**Kata Kunci:** kesesuaian, antropometri, dimensi becak, keluhan subjektif

## **CORRELATION BETWEEN THE CONFORMITY OF BECAK DIMENSION TO THE ANTHROPOMETRI WITH THE SUBJECTIVE COMPLAINT OF BECAK DRIVERS IN WATES KULON PROGO DISTRICT**

*Ergonomy is part of occupational health which creates pleasant condition if appropriately applied. The conformity of tools and anthropometry influence the pleasure of working position. Becak design having untouched by technology often affects negatively to its driver. The goal of this research was to find out the correlation between the conformity of anthropometry with the becak dimension to the subjective complaint of becak drivers in Wates Kulon Progo district. This research belonged to the explanatory research using cross sectional study design. The targets of this research were the becak drivers who actively work in Wates, with the population of 106; and 54 samples. Simple random sampling was used as taking sample technique. The data was collected by interview, observation and measurement. It was analyzed using*

*Chi-square test.*

*There was significant correlation between the leg reach ergonomics to the complaint on the calf ( $X^2_0 = 4,194 > X^2_t = 3,481$  and  $p = 0,041 < a = 0,05$ ). There was no significant correlation between the lenght of the forearm ergonomics with the complaint on the back ( $X^2_0 = 2,680 < X^2_t = 3,481$  and  $p = 0,102 > a = 0,05$ ). It was advisable for non government organization guiding becak contruction to develop modification for the back rest and saddle that can be lowered and uplifted, and for the tourism board to help promoting the becak welfare.*

**Keyword:** *conformity, anthropometry, becak dimension, subjective complaint*