**TATA CARA LAPORAN PENELITIAN**

CONTOH,

Perbaikan Desain kursi kuliah umum Univ. Esa Unggul melalui pendekatan antropometri dan analisa kelelahan

Nama, kelompok,

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Fakultas Kesehatan Masyarakat-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Abstrak

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1. **PENDAHULUAN**

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**2. LANDASAN TEORI**

2.1. Kursi kuliah

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2.2. Ergonomi

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2.3. Antropometri

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2.4. Sikap tubuh dalam bekerja

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2.5. Kelelahan kerja dan body Map

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**3. HASIL-HASIL DAN PEMBAHASAN**

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* 1. Hasil Kuisioner

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* 1. Hasil Pengukuran Antro pometri

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* 1. Data Dimensi Tempat ………………………

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* 1. Perbandingan Desain ----- Lama dan baru

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1. **KESIMPULAN**

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**5 SARAN**

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REFERENSI

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LAMPIRAN – I : **PEMERIKSAAN KELELAHAN**

**Form- 01**

**PEMERIKSAAN KELELAHAN SECARA SUBYEKTIF**

|  |  |  |  |
| --- | --- | --- | --- |
| Nama  |  | Tanggal Tes |  |
| Umur | tahun | Jenis Kelamin | L/P |

1. Cara pengisian
* Bila anda merasa ada pelemahan cek point (Ya),dan
* Tidak ada pelemahan cek point (Tidak)

|  |  |  |
| --- | --- | --- |
| No | *10-Pertanyaan Tentang Pelemahan Kegiatan,*  | Jawab |
| Ya | Tidak |
|  | Perasaan berat di kepala |  |  |
|  | Menjadi lelah seluruh tubuh |  |  |
|  | Kaki merasa berat |  |  |
|  | Menguap |  |  |
|  | Merasa kacau pikiran |  |  |
|  | Menjadi mengantuk |  |  |
|  | Merasakan beban pada mata |  |  |
|  | Kaku dan canggung dalam gerakan |  |  |
|  | Tidak seimbang dalam berdiri |  |  |
|  | Mau berbaring |  |  |

|  |  |  |
| --- | --- | --- |
| No | *10- Pertanyaan Tentang Pelemahan Motivasi* | Jawab |
| Ya | Tidak |
|  | Merasa susah berfikir |  |  |
|  | Lelah bicara |  |  |
|  | Menjadi gugup |  |  |
|  | Tidak dapat berkonsentrasi |  |  |
|  | Sulit memusatkan perhatian  |  |  |
|  | Cenderung untuk lupa |  |  |
|  | Kurang kepercayaan diri |  |  |
|  | Cemas terhadap sesuatu |  |  |
|  | Tidak dapat mengontrol sikap |  |  |
|  | Tidak tekun dalam kerja |  |  |

|  |  |  |
| --- | --- | --- |
| No | *Pertanyaan Tentang Pelemahan Fisik* | Jawab |
| Ya | Tidak |
|  | Tidak dapat tekun dalam pekerjaan |  |  |
|  | Sakit kepala |  |  |
|  | Kekakuan di bahu |  |  |
|  | Merasa nyeri di punggung |  |  |
|  | Merasa pernafasan tertekan |  |  |
|  | Haus |  |  |
|  | Suara serak |  |  |
|  | Merasa pening |  |  |
|  | Tremor pada anggota badan |  |  |
|  | Merasa kurang sehat |  |  |

**Form- 02**

**PEMERIKSAAN KELELAHAN SECARA SUBYEKTIF**

|  |  |  |  |
| --- | --- | --- | --- |
| Nama  |  | Tanggal Tes |  |
| Umur | tahun | Jenis Kelamin | L/P |

1. **Cara Pengisin**

Contoh desain penilaian kelelahan subyektif dengan 4 skala likert, dimana

Skor – 1 = tidak pernah merasakan

Skor – 2 = kadang-kadang merasakan

Skor – 3 = sering merasakan

Skor – 4 = sering sekali mersakan

Apakah saudara…………

|  |  |  |
| --- | --- | --- |
| N0 |  *Pertanyaan Tentang Pelemahan Kegiatan, Motivasi, dan Fisik* | Skoring |
| 1 | 2 | 3 | 4 |
|  | Perasaan berat di kepala |  |  |  |  |
|  | Menjadi lelah seluruh tubuh |  |  |  |  |
|  | Kaki merasa berat |  |  |  |  |
|  | Menguap |  |  |  |  |
|  | Merasa kacau pikiran |  |  |  |  |
|  | Menjadi mengantuk |  |  |  |  |
|  | Merasakan beban pada mata |  |  |  |  |
|  | Kaku dan canggung dalam gerakan |  |  |  |  |
|  | Tidak seimbang dalam berdiri |  |  |  |  |
|  | Mau berbaring |  |  |  |  |
|  | Merasa susah berfikir |  |  |  |  |
|  | Lelah bicara |  |  |  |  |
|  | Menjadi gugup |  |  |  |  |
|  | Tidak dapat berkonsentrasi |  |  |  |  |
|  | Sulit memusatkan perhatian  |  |  |  |  |
|  | Cenderung untuk lupa |  |  |  |  |
|  | Kurang kepercayaan diri |  |  |  |  |
|  | Cemas terhadap sesuatu |  |  |  |  |
|  | Tidak dapat mengontrol sikap |  |  |  |  |
|  | Tidak tekun dalam kerja |  |  |  |  |
|  | Tidak dapat tekun dalam pekerjaan |  |  |  |  |
|  | Sakit kepala |  |  |  |  |
|  | Kekakuan di bahu |  |  |  |  |
|  | Merasa nyeri di punggung |  |  |  |  |
|  | Merasa pernafasan tertekan |  |  |  |  |
|  | Haus |  |  |  |  |
|  | Suara serak |  |  |  |  |
|  | Merasa pening |  |  |  |  |
|  | Tremor pada anggota badan |  |  |  |  |
|  | Merasa kurang sehat |  |  |  |  |
| Jumlah Skor pada kolom 1,2,3, dan 4 |  |  |  |  |
| Total Skor Stress Individu |  |

LAMPIRAN – II, HASIL UJI ANTROPOMETRI

### PENGUKURAN ANTROPOMETRI STATIS/DIMENSI TUBUH

Mahasiswa Univ. Esa Unggul Fak. Ilmu-Ilmu Kesehatan Prodi Kesmas Peminatan K-3 Industri; Kelas Karyawan

Tabel- 1 : Demensi ukuran antropometri statis posisi berdiri laki-laki

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Laki- Laki** |
| **5%-ile (cm)** | **95%-ile (cm)** | **50%-ile (cm)** | **SD** |
| 1 | Tinggi Badan Tegak  | 158.9 | 177.9 | 167.7 | 6.0 |
| 2 | Tinggi Mata berdiri  | 144.3 | 171.1 | 157.6 | 8 |
| 3 | Tinggi bahu berdiri  | 130.4 | 160.7 | 140.3 | 5.1 |
| 4 | Tinggi siku berdiri | 98.7 | 118 | 106.5 | 53.2 |
| 5 | Tinggi panggul berdiri  | 82.3 | 91.8 | 88.9 | 9.6 |
| 6 | Tinggi buku tangan berdiri  | 66.4 | 86.9 | 73.2 | 5.4 |
| 7 | Tinggi kepalan Tangan berdiri  | 60.5 | 79 | 64.9 | 4.6 |
| 24 | Jangkauan tangan ke depan | 64.6 | 79.7 | 73.2 | 4.4 |
| 25 | Panjang jangkauan tangan , dr bahu s/d ujung ibu jari  | 56 | 69.8 | 63.6 | 4.2 |
| 34 | Jangakauan tangan ke atas  | 177.3 | 213.8 | 197.4 | 9.5 |
| 36 | Panjang jangkauan tangan , dr tebal bahu s/d ujung ibu jari  | 68 | 82.4 | 75.3 | 5.5 |
|  |  |  |

Tabel- 2 : Demensi ukuran antropometri statis posisi duduk laki-laki

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Laki- Laki** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 8 | Tinggi duduk tegak | 82.7 | 94.32 | 84.7 | 17.3 |
| 9 | Tinggi mata duduk | 70.2 | 84.55 | 76.7 | 4.2 |
| 10 | Tinggi bahu duduk | 52.8 | 67.55 | 59 | 4 |
| 11 | Tinggi siku duduk  | 20.3 | 34.5 | 27.2 | 4.4 |
| 12 | Tebal paha  | 11.2 | 20.9 | 15.6 | 3.1 |
| 15 | Tinggi Lutut berdiri  | 43.28 | 56.6 | 49.7 | 4.1 |
| 16 | Tinggi kondisi tubuh dalam posisi duduk yg diukur dari lantai s/d paha | 33.4 | 54.6 | 44.7 | 6.6 |
| 20 | Tebal dada berdiri  | 16.2 | 30 | 22.2 | 4.1 |
| 13 | Pantat ke lutut  | 43.6 | 59.2 | 52.3 | 4.1 |
| 14 | Panjang paha dari pantat s/d bag. Belakang lutut/betis  | 39 | 50.7 | 43.6 | 4.2 |
| 20 | Lebar dari dada dalam keadaan membusung  | 17.3 | 35.9 | 24 | 5.5 |
| 21 | Tebal perut duduk  | 16.3 | 41.9 | 26.6 | 14.1 |
| 26 | Panjang kepala  | 15.6 | 24.1 | 19.8 | 2.5 |
|  |  |  |

Lanjutan ,Tabel- 2

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Laki- Laki** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 17 | Lebar lengan  | 42.5 | 67.5 | 53.7 | 7.1 |
| 18 | Lebar bahu | 34.9 | 53 | 41.7 | 6 |
| 19 | Lebar pinggul | 29.6 | 52.2 | 40.2 | 10.5 |
| 27 | Lebar kepala  | 13.4 | 26.5 | 19.7 | 5 |
| 22 | Tinggi siku s/d bahu | 29.6 | 39.7 | 35.9 | 6.5 |
| 23 | Siku ke siku  | 40.3 | 49.1 | 44.8 | 2.4 |
| 35 | Jangkauan tangan ke atas  | 110.6 | 130.7 | 120.3 | 5.4 |
|   |  |  |
|  |  |  |  |  |  |

Tabel- 3 : Demensi ukuran antropometri statis tangan laki-laki

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Laki- Laki** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 1 | Panjang tangan dr pergelangan s/d ujung jari | 16.5 | 19.7 | 18 | 1 |
| 2 | Panjang telapak tangan, dr pergelangan s/d batas telapak tangan | 8.7 | 17.1 | 11.2 | 2.3 |
| 3 | Panjang ibu jari  | 5.6 | 8 | 6.3 | 0.7 |
| 4 | Panjang jari telunjuk | 6.5 | 9.1 | 7.4 | 0.9 |
| 5 | Panjang jari tengah  | 6.6 | 10.2 | 8.1 | 1.2 |
| 6 | Panjang jari manis | 6 | 9.1 | 7.1 | 0.9 |
| 7 | Panjang jari kelingking  | 4.6 | 7.8 | 5.7 | 0.8 |
| 8 | Lebar ibu jari  | 1.5 | 2.9 | 2 | 0.4 |
| 9 | Tebal ibu jari  | 0.8 | 3.5 | 2.3 | 1.3 |
| 10 | Lebar ibu jari  | 0.6 | 2.5 | 1.6 | 0.4 |
| 11 | Tebal ibu jari  | 0.6 | 3.2 | 1.9 | 1.2 |
| 12 | Lebar telapak tangan dlm keadaan tertutup | 6.7 | 9.8 | 8.1 | 0.8 |
| 13 | Lebar telapak tangan sampai ibu jari dlm keadaan tertutup | 8.6 | 11 | 9.7 | 0.8 |
| 14 | Lebar telapak tangan (minimum ) | 5.7 | 9.8 | 7.8 | 1.1 |
| 15 | Tebal telapak tangan  | 1.6 | 4.1 | 2.9 | 1 |
| 16 | Tebal telapak tangan yg diukur s/d ibu jari  | 3.1 | 6 | 4.4 | 1.2 |
| 17 | Diameter pegangan (maksimum ) | 4.2 | 8.7 | 6.5 | 1.4 |
| 19 | Lebar fungsional maksimum yang diukur dari ibu jari ke jari lain  | 11.3 | 16.6 | 13.9 | 1.7 |
| 20 | Segi empat minimum yang dapat dilewati telapak tangan  | 5.3 | 11.6 | 8.5 | 1.7 |
|  |  |  |

Tabel- 4 : Demensi ukuran antropometri statis telapak kakin laki-laki

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Laki- Laki** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 1 | Panjang telapak kaki yg diukur dr ujung kaki sd ibu jari kaki | 12.9 | 29.6 | 22.8 | 5 |
| 2 | Panjang telapak lengan kaki | 14.1 | 21.3 | 18 | 2.1 |
| 3 | Panjang kaki sampai jari kelingking  | 17.9 | 23.4 | 20.3 | 1.4 |
| 4 | Lebar kaki | 6.6 | 11.6 | 9.5 | 1.5 |
| 5 | Lebar tangkai kaki | 4.9 | 8.2 | 6.3 | 1 |
| 6 | Tinggi mata kaki  | 6.3 | 11.4 | 8.5 | 1.7 |
| 7 | Tinggi bagian tengah telapak kaki | 4.8 | 12 | 7.6 | 2.5 |
| 8 | Jarak horizontal tangkai mata kaki  | 3.2 | 8.4 | 6 | 1.6 |
|  |  |

### PENGUKURAN ANTROPOMETRI STATIS/DIMENSI TUBUH

Mahasiswa Univ. Esa Unggul Fak. Ilmu-Ilmu Kesehatan Prodi Kesmas Peminatan K-3 Industri; Kelas Karyawan

Tabel- 5 : Demensi ukuran antropometri statis posisi berdiri perempuan

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Perempuan** |
| **5%-ile (cm)** | **95%-ile (cm)** | **50%-ile (cm)** | **SD** |
| 1 | Tinggi Badan Tegak  | 151.6 | 165.5 | 158.7 | 4.3 |
| 2 | Tinggi Mata berdiri  | 138.5 | 52.3 | 146 | 4.2 |
| 3 | Tinggi bahu berdiri  | 124.9 | 138.7 | 132 | 3.9 |
| 4 | Tinggi siku berdiri | 95.3 | 109.1 | 103 | 4.6 |
| 5 | Tinggi panggul berdiri  | 75.1 | 100 | 91 | 6.2 |
| 6 | Tinggi buku tangan berdiri  | 65.08 | 85.5 | 72 | 5.3 |
| 7 | Tinggi kepalan Tangan berdiri  | 56.2 | 69 | 62 | 3.7 |
| 24 | Jangkauan tangan ke depan | 58 | 76.6 | 69 | 5.7 |
| 25 | Panjang jangkauan tangan , dr bahu s/d ujung ibu jari  | 55.5 | 70.2 | 63 | 4.7 |
| 34 | Jangakauan tangan ke atas  | 167.7 | 218.2 | 193 | 18.3 |
| 36 | Panjang jangkauan tangan , dr tebal bahu s/d ujung ibu jari  | 58.5 | 84.05 | 72 | 7.8 |
|  |  |  |

Tabel- 6 : Demensi ukuran antropometri statis posisi duduk perempuan

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Perempuan** |
| **5%-ile (cm)** | **95%-ile (cm)** | **50%-ile (cm)** | **SD** |
| 8 | Tinggi duduk tegak | 75.5 | 125.5 | 85 | 11.4 |
| 9 | Tinggi mata duduk | 64.4 | 110.75 | 75 | 11.3 |
| 10 | Tinggi bahu duduk | 52.9 | 61.7 | 57 | 2.9 |
| 11 | Tinggi siku duduk  | 21.04 | 37.3 | 28 | 5.4 |
| 12 | Tebal paha  | 10.1 | 51.5 | 21 | 12.9 |
| 15 | Tinggi Lutut berdiri  | 42.5 | 53.2 | 48 | 3.4 |
| 16 | Tinggi kondisi tubuh dalam posisi duduk yg diukur dari lantai s/d paha | 37.1 | 58.5 | 45 | 6.9 |
| 20 | Tebal dada berdiri  | 11.5 | 74.3 | 26 | 16 |
| 13 | Pantat ke lutut  | 43.8 | 64.5 | 55 | 6.6 |
| 14 | Panjang paha dari pantat s/d bag. Belakang lutut/betis  | 38.6 | 55.2 | 48 | 4.6 |
| 20 | Lebar dari dada dalam keadaan membusung  | 17.43 | 74.5 | 32 | 15.2 |
| 21 | Tebal perut duduk  | 13.4 | 75.8 | 27 | 13.4 |
| 26 | Panjang kepala  | 15.2 | 30.3 | 21 | 4.2 |
|  |  |  |

Lanjutan ,Tabel- 6

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Perempuan** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 17 | Lebar lengan  | 15.7 | 61.2 | 43 | 12 |
| 18 | Lebar bahu | 31.7 | 56.1 | 39 | 20.8 |
| 19 | Lebar pinggul | 21.7 | 49.8 | 39 | 7.2 |
| 27 | Lebar kepala  | 15.8 | 33.4 | 22 | 5.2 |
| 22 | Tinggi siku s/d bahu | 23.9 | 41.3 | 33 | 5.9 |
| 23 | Siku ke siku  | 35.8 | 46.8 | 41 | 3.6 |
| 35 | Jangkauan tangan ke atas  | 104.3 | 124 | 117 | 6.3 |
|   |  |  |
|  |  |  |  |  |  |

Tabel- 7 : Demensi ukuran antropometri statis tangan perempuan

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Perempuan** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 1 | Panjang tangan dr pergelangan s/d ujung jari | 14.5 | 21.5 | 18 | 1.9 |
| 2 | Panjang telapak tangan, dr pergelangan s/d batas telapak tangan | 7 | 12.1 | 10 | 1.3 |
| 3 | Panjang ibu jari  | 4.6 | 8 | 6 | 1 |
| 4 | Panjang jari telunjuk | 5.6 | 9.1 | 7 | 1 |
| 5 | Panjang jari tengah  | 6.6 | 9.2 | 8 | 0.8 |
| 6 | Panjang jari manis | 5.6 | 9 | 7 | 0.6 |
| 7 | Panjang jari kelingking  | 4.6 | 6.2 | 6 | 0.6 |
| 8 | Lebar ibu jari  | 0.6 | 3.5 | 2 | 0.4 |
| 9 | Tebal ibu jari  | 4.6 | 6.3 | 2 | 1 |
| 10 | Lebar ibu jari  | 0.6 | 3.6 | 2 | 1 |
| 11 | Tebal ibu jari  | 0.6 | 7.6 | 2 | 1 |
| 12 | Lebar telapak tangan dlm keadaan tertutup | 5.8 | 9.7 | 8 | 1.4 |
| 13 | Lebar telapak tangan sampai ibu jari dlm keadaan tertutup | 6.9 | 10.7 | 9 | 0.5 |
| 14 | Lebar telapak tangan (minimum ) | 4.6 | 14.6 | 6 | 9.8 |
| 15 | Tebal telapak tangan  | 0.7 | 8.1 | 3 | 2.9 |
| 16 | Tebal telapak tangan yg diukur s/d ibu jari  | 1.1 | 12.1 | 5.5 | 3.8 |
| 17 | Diameter pegangan (maksimum ) | 2.8 | 20.8 | 7.8 | 5.9 |
| 19 | Lebar fungsional maksimum yang diukur dari ibu jari ke jari lain  | 9.7 | 19.4 | 13.8 | 3.5 |
| 20 | Segi empat minimum yang dapat dilewati telapak tangan  | 4.4 | 14 | 8 | 2.5 |
|  |  |  |

Tabel- 4 : Demensi ukuran antropometri statis telapak kaki perempuan

|  |  |  |
| --- | --- | --- |
| **No** | **Dimensi Tubuh** | **Perempuan** |
| 5%-ile (cm) | 95%-ile (cm) | 50%-ile (cm) | SD |
| 1 | Panjang telapak kaki yg diukur dr ujung kaki sd ibu jari kaki | 19.6 | 40.8 | 24.5 | 5.4 |
| 2 | Panjang telapak lengan kaki | 12.5 | 19.5 | 16.5 | 2.5 |
| 3 | Panjang kaki sampai jari kelingking  | 14.5 | 22.7 | 19.4 | 2.3 |
| 4 | Lebar kaki | 7 | 10.9 | 9.1 | 1.1 |
| 5 | Lebar tangkai kaki | 3.8 | 9.6 | 6.4 | 2.4 |
| 6 | Tinggi mata kaki  | 5.6 | 8.7 | 7.1 | 0.9 |
| 7 | Tinggi bagian tengah telapak kaki | 4.6 | 8.3 | 6.1 | 1.1 |
| 8 | Jarak horizontal tangkai mata kaki  | 3.3 | 8.8 | 5.5 | 1.4 |
|  |  |