

ABSTRAK

Usaha Kecil dan Menengah (UKM) keris di Desa Aeng Tong-Tong, Kabupaten Sumenep merupakan salah satu sentra produksi keris tradisional yang memiliki nilai budaya dan ekonomi tinggi serta banyak melibatkan aktivitas kerja statis dan repetitif. Aktivitas tersebut berisiko menimbulkan keluhan *musculoskeletal* pada pekerja akibat postur kerja yang kurang ergonomis. Penelitian ini bertujuan untuk menganalisis postur kerja pengrajin keris serta memberikan rekomendasi perbaikan berdasarkan tiga metode ergonomi, yaitu *Nordic Body Map* (NBM), *Ovako Working Posture Analysis System* (OWAS), dan *Job Strain Index* (JSI). Metode NBM digunakan untuk mengidentifikasi bagian tubuh yang mengalami keluhan subjektif, OWAS untuk mengevaluasi tingkat risiko postur kerja berdasarkan posisi tubuh saat bekerja, dan JSI digunakan untuk menilai tingkat ketegangan otot pada tangan dan pergelangan. Data diperoleh melalui observasi langsung, wawancara, dan kuesioner terhadap beberapa perajin sebagai responden. Hasil penelitian menunjukkan bahwa sebagian besar aktivitas kerja pengrajin berada pada kategori risiko sedang hingga tinggi, terutama pada bagian punggung, tangan, dan leher. Berdasarkan hasil evaluasi, dilakukan usulan perbaikan berupa penyesuaian meja kerja.

Kata Kunci: Ergonomi, *Job Strain Index* (JSI), *Nordic Body Map* (NBM), *Ovako Working Posture Analysis System* (OWAS), Postur Kerja, UKM Keris.

ABSTRACT

The Small and Medium Enterprises (SMEs) of keris production in Aeng Tong-Tong Village, Sumenep Regency, represent a traditional craft center with high cultural and economic value, involving predominantly static and repetitive work activities. These activities pose a risk of musculoskeletal complaints among workers due to non-ergonomic working postures. This study aims to analyze the working postures of keris craftsmen and provide improvement recommendations based on three ergonomic assessment methods: the Nordic Body Map (NBM), the Ovako Working Posture Analysis System (OWAS), and the Job Strain Index (JSI). The NBM method is used to identify body parts experiencing subjective discomfort, OWAS is employed to evaluate the risk level of working postures based on body positions during tasks, and JSI is used to assess the level of muscle strain on the hands and wrists. Data were collected through direct observation, interviews, and questionnaires administered to selected craftsmen as respondents. The results indicate that most work activities are categorized as having moderate to high ergonomic risk, particularly affecting the back, hands, and neck. Based on the evaluation results, improvement suggestions are proposed in the form of workbench adjustments.

Keywords: Ergonomics, *Job Strain Index* (JSI), *Nordic Body Map* (NBM), *Ovako Working Posture Analysis System* (OWAS), Working Posture, Keris SMEs.