

Daftar Pustaka

- Ahasan, R., Webster, M., & Dorador, J. M. (2002). Occupational Ergonomics: Work Related Musculoskeletal Disorders of the Upper Limb and Back (Book). In *International Journal of Production Research International Journal of Production Research JI - International Journal of Production Research* (Vol. 40). <http://search.epnet.com/login.aspx?direct=true&db=bsh&an=6472429>
- Aljouhar, L., & Alzayed, M. A. (2025). Musculoskeletal disorders amongst undergraduate engineering students at Kuwait University. *Journal of Engineering Research (Kuwait)*. <https://doi.org/10.1016/j.jer.2024.12.004>
- Amri, A. N., & Putra, B. I. (2022). ERGONOMIC RISK ANALYSIS OF MUSCULOSKELETAL DISORDERS (MSDs) USING ROSA AND REBA METHODS ON ADMINISTRATIVE EMPLOYEES FACULTY OF SCIENCE. *Journal of Applied Engineering and Technological Science*, 4(1), 104–110. <https://doi.org/10.37385/jaets.v4i1.954>
- Ayvaz, Ö., Özyıldırım, B. A., İşsever, H., Öztan, G., Atak, M., & Özel, S. (2023). Ergonomic risk assessment of working postures of nurses working in a medical faculty hospital with REBA and RULA methods. *Science Progress*, 106(4), 1–21. <https://doi.org/10.1177/00368504231216540>
- Bahiyyah, S. W., & Putra, B. I. (2021). *Analisa Postur Kerja Dengan Metode Cornell Musculoskeletal Discomfort Questionnaires (CMDQ), Rapid Upper Limb Assessment (RULA) dan Rapid Entire Body Assessment (REBA)*. 1–9.
- Beth L Rodgers. (1999). Qualitative Inquiry and Research Design: Choosing Among Five Traditions. In *Qualitative Health Research* (Vol. 9, Issue 5). <http://ezproxy.usherbrooke.ca/menu>
- Boocock, M., Naudé, Y., Saywell, N., & Mawston, G. (2024). Obesity as a risk factor for musculoskeletal injury during manual handling tasks: A systematic review and meta-analysis. *Safety Science*, 176(April). <https://doi.org/10.1016/j.ssci.2024.106548>
- Çakıt, E. (2019). Ergonomic Risk Assessment using Cornell Musculoskeletal Discomfort Questionnaire in a Grocery Store Erman. *Ergonomics International Journal*, 5. <https://doi.org/10.23880/eoij-16000222>
- Ciccarelli, M., Pizzuti, A., Germani, M., & Papetti, A. (2026). *An ergonomic zone*

- polyhedral representation-based mathematical program to prevent work-Related musculoskeletal risks*. 302(November 2025).
- Dalati, S. (2018). *Measurement and Measurement Scales*. In *Modernizing the Academic Teaching and Research Environment* (pp. 79–69). https://doi.org/https://www.researchgate.net/publication/324117390_Measurement_and_Measurement_Scales
- Darabzadeh, S., Iarestani, A., Esmaeili, R., Jalali, M., Farhadi, S., & Ghasemian, H. (2025). Balancing the strain: The dual burden of musculoskeletal discomforts and mental workload in dentists. *Acta Psychologica*, 261(November), 105923. <https://doi.org/10.1016/j.actpsy.2025.105923>
- Darmadi, H. (2011). *Metode penelitian pendidikan*. Bandung : Alfabeta.
- Dul, J., & Weerdmeester, B. (2008). Ergonomics for Beginners. In *Ergonomics for Beginners*. <https://doi.org/10.1201/9781420077520>
- Erdoğan, H., Yağimli, M., & Tozan, H. (2024). Analysis Of Working Postures In Scaffold Activities Using OWAS Method: A Case Study At Amur Gas Processing Plant. *Educational Administration: Theory and Practice*, 30(5), 12529–12538. <https://doi.org/10.53555/kuey.v30i5.5173>
- Gómez-Galán, M., Callejón-Ferre, Á.-J., Pérez-Alonso, J., Díaz-Pérez, M., & Carrillo-Castrillo, J.-A. (2020). Musculoskeletal Risks: RULA Bibliometric Review [Riesgos musculoesqueléticos: Revisión Bibliométrica RULA]. In *International Journal of Environmental Research and Public Health* (Vol. 17, Issue 12). <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85086752775&doi=10.3390%2Fijerph17124354&partnerID=40&md5=99c62c896f538ad52b2e598e3e8599a4>
- Hedge, A., Morimoto, S., & McCrobie, D. (1999). Effects of keyboard tray geometry on upper body posture and comfort. *Ergonomics*, 42(10), 1333–1349. <https://doi.org/10.1080/001401399184983>
- Hedge, A., Morimoto, S., & McCrobie, D. (1999). © Cornell University, 2003. *Cornell Musculoskeletal Discomfort Questionnaires (CMDQ)*. Cornell University *Ergonomics*. <https://doi.org/https://ergo.human.cornell.edu/ahmsquest.html>
- HSE. (2024). *7 Manual Handling Statistics You Should Know*. Mastermover.

[https://www.mastermover.com/manual-handling/7-manual-handling-statistics-you-should-know#:~:text=Musculoskeletal disorders \(MSDs\) typically impact,result in overexertion and fatigue](https://www.mastermover.com/manual-handling/7-manual-handling-statistics-you-should-know#:~:text=Musculoskeletal disorders (MSDs) typically impact,result in overexertion and fatigue)

- Jacquier-Bret, J., & Gorce, P. (2025). Worldwide work-related musculoskeletal disorder prevalence among nurses: systematic review and meta-analysis. *Safety Science*, 191(January). <https://doi.org/10.1016/j.ssci.2025.106970>
- Jeffree, M. S., Abdul Rahim, A. A., Daud, D. M. A., Pang, N., Sazali, M. F., Sudi, S., Liau, S. N., Wong, E. E. L., Peter, H. F., Amat, S. Z. A., Chok, S., Abdelhafez, M. M. A., Lukman, K. A., Saad, I., Hassan, M. R., & Noordin, R. (2024). Predictors of musculoskeletal disorders among special education teachers in Sabah, Malaysia. *Heliyon*, 10(10), e30873. <https://doi.org/10.1016/j.heliyon.2024.e30873>
- Korkmaz, Ö. A., & Ünver, M. (2024). The ergonomic posture assessment by comparing REBA with RULA & OWAS: A case study in a gas springs factory. *Sigma Journal of Engineering and Natural Sciences*, 42(5), 1581–1603. <https://doi.org/10.14744/sigma.2023.00129>
- Mann, C. J. (2012). Observational research methods — Cohort studies , cross sectional studies , and case – control studies ‘ thodes des e ‘ tudes d ‘ observation – Etudes de cohorte , Me ‘ tudes transversales , e ‘ moins e. *African Journal of Emergency Medicine*, 2(1), 38–46. <https://doi.org/10.1016/j.afjem.2011.12.004>
- Olivotto, S., Evans, K., Peek, K., Gardner, T., Donovan, M., Shirley, D., & Rebbeck, T. (2025). Prognostic factors for poor recovery in active-duty military personnel with musculoskeletal disorders: A systematic review with meta-analysis. *Musculoskeletal Science and Practice*, 79(June), 103383. <https://doi.org/10.1016/j.msksp.2025.103383>
- Papoutsakis, K., Bakalos, N., Zacharia, A., Fragkoulis, K., Kapetadimitri, G., & Pateraki, M. (2026). A vision-based framework and dataset for human behavior understanding in industrial assembly lines. *Computer Vision and Image Understanding*, 263(December 2025), 104592. <https://doi.org/10.1016/j.cviu.2025.104592>
- Perreault, K. (2011). Research Design: Qualitative, Quantitative, and Mixed

- Methods Approaches. *Manual Therapy*, 16(1), 103.
<https://doi.org/10.1016/j.math.2010.09.003>
- Rahman, M. N. A., Rani, M. R. A., & Rohani, and J. M. (2012a). Investigation of work-related musculoskeletal disorders in wall plastering jobs within the construction industry. *Work*, 43(4), 507–514. <https://doi.org/10.3233/WOR-2012-1404>
- Rahman, M. N. A., Rani, M. R., & Rohani, J. M. (2012b). WERA Tool for Assessing Exposure Risk Factors of Work Related Musculoskeletal Disorders - A Reliability and Validity Study. *Proceedings of the 2012 International Conference on Industrial Engineering and Operations Managemen*, 6–8.
- Rosalina, L., Oktarina, R., Rahmiati, & Saputra, I. (2023). Buku Ajar STATISTIKA. *FEBS Letters*, 185(1), 4–8.
- Salvendy, G., & Karwowski, W. (2012). Handbook of human factors and ergonomics. In *Handbook of Human Factors and Ergonomics*. <https://doi.org/10.1002/9781119636113>
- Schultz, K., & Galante, J. J. (2005). Ergonomic guidelines for manual material handling. *8th Annual Applied Ergonomics Conference Proceedings*, 1021–1060.
- Sirikasemsuk, K., Kittipanya-Ngam, P., Luanwiset, D., & Leerojanaprapa, K. (2024). Work posture risk comparison of RULA and REBA based on measures of assessment-score variability: A case study of the metal coating industry in Thailand. *International Journal of Innovative Research and Scientific Studies*, 7(3), 926–935. <https://doi.org/10.53894/ijirss.v7i3.2978>
- Sugiono. (2023). *Metode Penelitian Kuantitatif Kualitatif* (Sutopo (ed.); 5th ed.). ALFABETA.
- Sugiyono, P. D. (2013). *METODE PENELITIAN KUANTITATIF KUALITATIF DAN R&D*.
- Walpole, R. E., Myers, R. H., & Myers, S. L. (2012). *Probabilitay & Statistics for Enginerss & Scientists*.
- Wulansari, A. D., Hidayati, K., Sari, D. F., & Jannah, N. (2023). *APLIKASI STATISTIKA NONPARAMETRIK*.
- Yek, L. Z., & Rahman, M. N. A. (2023). A Case Study of An Ergonomic Risk

- Assessment for Working Posture among Maintenance Workers. *Research Progress in Mechanical and Manufacturing Engineering*, 4(1), 105–114. <https://doi.org/10.30880/rpmme.2023.04.01.011>
- Ahasan, R., Webster, M., & Dorador, J. M. (2002). Occupational Ergonomics: Work Related Musculoskeletal Disorders of the Upper Limb and Back (Book). In *International Journal of Production Research International Journal of Production Research J1 - International Journal of Production Research* (Vol. 40). <http://search.epnet.com/login.aspx?direct=true&db=bsh&an=6472429>
- Aljouhar, L., & Alzayed, M. A. (2025). Musculoskeletal disorders amongst undergraduate engineering students at Kuwait University. *Journal of Engineering Research (Kuwait)*. <https://doi.org/10.1016/j.jer.2024.12.004>
- Amri, A. N., & Putra, B. I. (2022). ERGONOMIC RISK ANALYSIS OF MUSCULOSKELETAL DISORDERS (MSDs) USING ROSA AND REBA METHODS ON ADMINISTRATIVE EMPLOYEES FACULTY OF SCIENCE. *Journal of Applied Engineering and Technological Science*, 4(1), 104–110. <https://doi.org/10.37385/jaets.v4i1.954>
- Ayvaz, Ö., Özyıldırım, B. A., İşsever, H., Öztan, G., Atak, M., & Özel, S. (2023). Ergonomic risk assessment of working postures of nurses working in a medical faculty hospital with REBA and RULA methods. *Science Progress*, 106(4), 1–21. <https://doi.org/10.1177/00368504231216540>
- Bahiyyah, S. W., & Putra, B. I. (2021). *Analisa Postur Kerja Dengan Metode Cornell Musculoskeletal Discomfort Questionnaires (CMDQ), Rapid Upper Limb Assessment (RULA) dan Rapid Entire Body Assessment (REBA)*. 1–9.
- Beth L Rodgers. (1999). Qualitative Inquiry and Research Design: Choosing Among Five Traditions. In *Qualitative Health Research* (Vol. 9, Issue 5). <http://ezproxy.usherbrooke.ca/menu>
- Boocock, M., Naudé, Y., Saywell, N., & Mawston, G. (2024). Obesity as a risk factor for musculoskeletal injury during manual handling tasks: A systematic review and meta-analysis. *Safety Science*, 176(April). <https://doi.org/10.1016/j.ssci.2024.106548>
- Çakıt, E. (2019). Ergonomic Risk Assessment using Cornell Musculoskeletal Discomfort Questionnaire in a Grocery Store Erman. *Ergonomics*

- International Journal*, 5. <https://doi.org/10.23880/eoij-16000222>
- Ciccarelli, M., Pizzuti, A., Germani, M., & Papetti, A. (2026). *An ergonomic zone polyhedral representation-based mathematical program to prevent work-Related musculoskeletal risks*. 302(November 2025).
- Dalati, S. (2018). *Measurement and Measurement Scales*. In *Modernizing the Academic Teaching and Research Environment* (pp. 79–69). https://doi.org/https://www.researchgate.net/publication/324117390_Measurement_and_Measurement_Scales
- Darabzadeh, S., Iarestani, A., Esmaeili, R., Jalali, M., Farhadi, S., & Ghasemian, H. (2025). Balancing the strain: The dual burden of musculoskeletal discomforts and mental workload in dentists. *Acta Psychologica*, 261(November), 105923. <https://doi.org/10.1016/j.actpsy.2025.105923>
- Darmadi, H. (2011). *Metode penelitian pendidikan*. Bandung : Alfabeta.
- Dul, J., & Weerdmeester, B. (2008). Ergonomics for Beginners. In *Ergonomics for Beginners*. <https://doi.org/10.1201/9781420077520>
- Erdoğan, H., Yağimli, M., & Tozan, H. (2024). Analysis Of Working Postures In Scaffold Activities Using OWAS Method: A Case Study At Amur Gas Processing Plant. *Educational Administration: Theory and Practice*, 30(5), 12529–12538. <https://doi.org/10.53555/kuey.v30i5.5173>
- Gómez-Galán, M., Callejón-Ferre, Á.-J., Pérez-Alonso, J., Díaz-Pérez, M., & Carrillo-Castrillo, J.-A. (2020). Musculoskeletal Risks: RULA Bibliometric Review [Riesgos musculoesqueléticos: Revisión Bibliométrica RULA]. In *International Journal of Environmental Research and Public Health* (Vol. 17, Issue 12). <https://www.scopus.com/inward/record.uri?eid=2-s2.0-85086752775&doi=10.3390%2Fijerph17124354&partnerID=40&md5=99c62c896f538ad52b2e598e3e8599a4>
- Hedge, A., Morimoto, S., & McCrobie, D. (1999). Effects of keyboard tray geometry on upper body posture and comfort. *Ergonomics*, 42(10), 1333–1349. <https://doi.org/10.1080/001401399184983>
- Hedge, A., Morimoto, S., & McCrobie, D. (1999). © Cornell University, 2003. *Cornell Musculoskeletal Discomfort Questionnaires (CMDQ)*. Cornell University *Ergonomics*.

- <https://doi.org/https://ergo.human.cornell.edu/ahmsquest.html>
- HSE. (2024). *7 Manual Handling Statistics You Should Know*. Mastermover. [https://www.mastermover.com/manual-handling/7-manual-handling-statistics-you-should-know#:~:text=Musculoskeletal disorders \(MSDs\) typically impact,result in overexertion and fatigue](https://www.mastermover.com/manual-handling/7-manual-handling-statistics-you-should-know#:~:text=Musculoskeletal disorders (MSDs) typically impact,result in overexertion and fatigue)
- Jacquier-Bret, J., & Gorce, P. (2025). Worldwide work-related musculoskeletal disorder prevalence among nurses: systematic review and meta-analysis. *Safety Science*, 191(January). <https://doi.org/10.1016/j.ssci.2025.106970>
- Jeffree, M. S., Abdul Rahim, A. A., Daud, D. M. A., Pang, N., Sazali, M. F., Sudi, S., Liau, S. N., Wong, E. E. L., Peter, H. F., Amat, S. Z. A., Chok, S., Abdelhafez, M. M. A., Lukman, K. A., Saad, I., Hassan, M. R., & Noordin, R. (2024). Predictors of musculoskeletal disorders among special education teachers in Sabah, Malaysia. *Heliyon*, 10(10), e30873. <https://doi.org/10.1016/j.heliyon.2024.e30873>
- Korkmaz, Ö. A., & Ünver, M. (2024). The ergonomic posture assessment by comparing REBA with RULA & OWAS: A case study in a gas springs factory. *Sigma Journal of Engineering and Natural Sciences*, 42(5), 1581–1603. <https://doi.org/10.14744/sigma.2023.00129>
- Mann, C. J. (2012). Observational research methods — Cohort studies , cross sectional studies , and case – control studies ‘ thodes des e ‘ tudes d ‘ observation – Etudes de cohorte , Me ‘ tudes transversales , e ‘ moins e. *African Journal of Emergency Medicine*, 2(1), 38–46. <https://doi.org/10.1016/j.afjem.2011.12.004>
- Olivotto, S., Evans, K., Peek, K., Gardner, T., Donovan, M., Shirley, D., & Rebbeck, T. (2025). Prognostic factors for poor recovery in active-duty military personnel with musculoskeletal disorders: A systematic review with meta-analysis. *Musculoskeletal Science and Practice*, 79(June), 103383. <https://doi.org/10.1016/j.msksp.2025.103383>
- Papoutsakis, K., Bakalos, N., Zacharia, A., Fragkoulis, K., Kapetadimitri, G., & Pateraki, M. (2026). A vision-based framework and dataset for human behavior understanding in industrial assembly lines. *Computer Vision and Image Understanding*, 263(December 2025), 104592.

<https://doi.org/10.1016/j.cviu.2025.104592>

- Perreault, K. (2011). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. *Manual Therapy*, 16(1), 103. <https://doi.org/10.1016/j.math.2010.09.003>
- Rahman, M. N. A., Rani, M. R. A., & Rohani, J. M. (2012a). Investigation of work-related musculoskeletal disorders in wall plastering jobs within the construction industry. *Work*, 43(4), 507–514. <https://doi.org/10.3233/WOR-2012-1404>
- Rahman, M. N. A., Rani, M. R., & Rohani, J. M. (2012b). WERA Tool for Assessing Exposure Risk Factors of Work Related Musculoskeletal Disorders - A Reliability and Validity Study. *Proceedings of the 2012 International Conference on Industrial Engineering and Operations Management*, 6–8.
- Rosalina, L., Oktarina, R., Rahmiati, & Saputra, I. (2023). Buku Ajar STATISTIKA. *FEBS Letters*, 185(1), 4–8.
- Salvendy, G., & Karwowski, W. (2012). Handbook of human factors and ergonomics. In *Handbook of Human Factors and Ergonomics*. <https://doi.org/10.1002/9781119636113>
- Schultz, K., & Galante, J. J. (2005). Ergonomic guidelines for manual material handling. *8th Annual Applied Ergonomics Conference Proceedings*, 1021–1060.
- Sirikasemsuk, K., Kittipanya-Ngam, P., Luanwiset, D., & Leerojanaprapa, K. (2024). Work posture risk comparison of RULA and REBA based on measures of assessment-score variability: A case study of the metal coating industry in Thailand. *International Journal of Innovative Research and Scientific Studies*, 7(3), 926–935. <https://doi.org/10.53894/ijirss.v7i3.2978>
- Sugiono. (2023). *Metode Penelitian Kuantitatif Kualitatif* (Sutopo (ed.); 5th ed.). ALFABETA.
- Sugiyono, P. D. (2013). *METODE PENELITIAN KUANTITATIF KUALITATIF DAN R&D*.
- Walpole, R. E., Myers, R. H., & Myers, S. L. (2012). *Probabilitay & Statistics for Enginerss & Scientists*.
- Wulansari, A. D., Hidayati, K., Sari, D. F., & Jannah, N. (2023). *APLIKASI*

STATISTIKA NONPARAMETRIK.

Yek, L. Z., & Rahman, M. N. A. (2023). A Case Study of An Ergonomic Risk Assessment for Working Posture among Maintenance Workers. *Research Progress in Mechanical and Manufacturing Engineering*, 4(1), 105–114. <https://doi.org/10.30880/rpmme.2023.04.01.011>