

## Muscle Stretching Education at Mazaya Leather Shoes Home Industry in RW 11 Sukaregang, Wetan City Village, Garut District, Garut Regency.

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### ABSTRACT

Health education was chosen as an intervention for Mazaya Leather Industrial Home employees because information is fundamental to achieving goals such as safety, health, and ergonomics management. According to the study's findings, in order to produce a more successful muscle stretching intervention, a strategy of information transmission and attention on the impact caused must be used. The goal of the service is to identify potential issues and how to solve them independently in the Mazaya Leather Sukaregang Home Industry, Wetan City Village, Garut Kota District. The approach used in health education is an explanation or lecture delivered by a speaker to workers and home industry owners about stretching muscles between tasks. Results: learning requirements. It is clear that some workers have learning needs that are included in learning needs: perceived needs, unperceived needs, and misperceived needs. This is because some participants are aware of the dangers of not preventing work risks with good and correct stretching, which is harmful to their health. Number of attendees: 10 persons, which will take place on Monday, February 12, 2024 at 10 a.m. - WIB will be completed immediately. The audience consists of workers from all aspects of the shoemaking industry. Conclusion: The counseling participants appeared excited when the content was presented. Participants enjoyed the therapy since it was carried out in a positive manner. Counseling activities were beneficial because participants paid close attention to the content delivered.

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## INTRODUCTION

According to the International Labour Organization (ILO), up to 6000 workers die per day (Suardi, 205 dalam Hardy, 2011). Male workers are thought to have a higher mortality rate than female workers. This is because more males labor in the industrial sector, which is more susceptible to dangers. The indicated death rate is not included in the number of deaths attributable to exposure to risks in the job (Hardy, 2011).

According to H. W Heinrich, the most common causes of occupational safety incidents are risky conduct (88%), unsafe environmental factors (10%), or both (Setyarso, 2020). WHO, being an institution involved in health, focuses on health concerns in the sector.

Various health concerns, including industrial sector mortality, may be largely avoided by employing preventative measures ranging from inspection and reporting to promotional actions (ILO, 2018). Occupational Safety and Health (K3) is a national program established to protect workers, employers, and businesses in order to maximize production by preventing workplace injuries. Occupational Health Nurses play an important role in keeping the workforce and society healthy. Risks and risks endanger not just persons working in the industrial sector, but also the health of office workers. Office workers have their own set of risks, including prolonged sitting, CTS (Carpal Tunnel Syndrome), eye diseases, and so on. As for the industrial side, including the home industry, the risk of hazard is typically larger since it is associated with equipment where one of the components is a sharp item (Joyce Edu, 2022).

When it comes to the leather business, Garut Kota is one of the major hubs. The leather factory, which produces jackets, bags, shoes, and processed delicacies such as leather crackers, kikil crackers, and dorokdok, is located in the hamlet of Sukaregang in Garut Kota district. As part of their duty, the nurses undertook an examination of one of the leather industry houses, Mekarjaya Leather Factory. The factory is involved in the tanning process, which is the processing of raw leather, which is then washed and processed into dry leather that is ready to be processed into various items.

After completing an examination and data analysis on 9 employees and one owner at Home Industri Mazaya Leather, it was discovered that health concerns in the form of discomfort in the shoulders, hands, and waist were present. This is owing to the worker's body posture, which is still not ergonomically appropriate. Some employees stated that practically all employees work in a sitting position for extended periods of time, hence all workers must be knowledgeable about occupational health and safety. Hence, the author is interested in giving nursing care to Mazaya Leather home sector workers.

Health education was chosen as an intervention for workers at Mazaya Leather Industrial Home because knowledge is fundamental to achieving goals such as safety, health, and ergonomics management (Sherehiy & Karwowski). According to the study's findings, to obtain a more successful muscle stretching intervention, a strategy of information transmission and attention on the impact caused is required (Dagenais et al., 2017). The effectiveness of participatory muscle stretching interventions in areas such as improving physical and mental health (Capodaglio, 2022), reducing stress at work (Kogi, 2012; Shojaei et al., 2020), empowering individuals to identify and solve workplace problems and job enrichment (Helali, 2015), and improving the economy and productivity (Tompa et al., 2013) emphasized in different workplaces in developed countries (Broday, 2021; Kogi, 2012).

In addition to performing health education initiatives, boosting the use of muscle stretching at work may be accomplished by developing a work team dedicated to occupational safety and health training. The evidence-based practice findings suggest the formation of a working team consisting of experts and 14 Anticipatory Guidance that intervenes in four phases, where participant involvement leads to the creation of empirical evidence, including improving participants' competence in providing problems and solutions, as well as implementing low-cost solutions due to the application of ergonomics in the workplace (Abdollahpour & Helali, 2022).

Occupational Safety and Health in the home business is critical for being prepared to avoid any hazards or mishaps. Accidents can occur as a result of negligence by the corporation, personnel, or both, and the results can be traumatic for both parties. Accidental injuries can have an impact on a worker's personal, family, and quality of life. For the corporation, product losses and time lost due to the investigation of the accident, as well as the expense of pursuing legal actions on work safety

The problems in this program are formulated as follows. a) How to identify health problems based on the results of the assessment of workers at the Mazaya Leather Sukaregang Home Industry in Wetan City Village, Garut Kota District? b) What problems can occur and how to overcome them on your own in the Mazaya Leather Sukaregang Home Industry, Wetan City Village, Garut Kota District?

The purpose of this service is: 1) Able to identify health problems obtained from the results of the assessment of workers at Mazaya Leather Sukaregang Home Industry, Wetan City Village, Garut Kota District; 2) To find out what problems can occur and how to overcome independently the problems that occur at Mazaya Leather Sukaregang Home Industry, Wetan City Village, Garut Kota District; and 3) Explaining solutions to improve personal safety knowledge while working at Mazaya

### METHODS

The method used in health education is an explanation or lecture given by the presenter to workers and owners of the home industry Mazaya Leather Sukaregang Shoes, Wetan City Village, Garut District, Garut City, Garut Regency directly, and followed by questions and answers. The speaker must ensure that all workers understand the material that has been delivered by ensuring that the participants return if there are things that are not clear. Conducting a pre-test on muscle stretching in between work by asking oral questions and providing health counseling on the necessity of stretching the car for good and accurate risk management of damage during work to avoid health problems and occupational safety disruptions. This information media for workers is developed by a community service team that engages with students and performs Post Tests using oral questions.

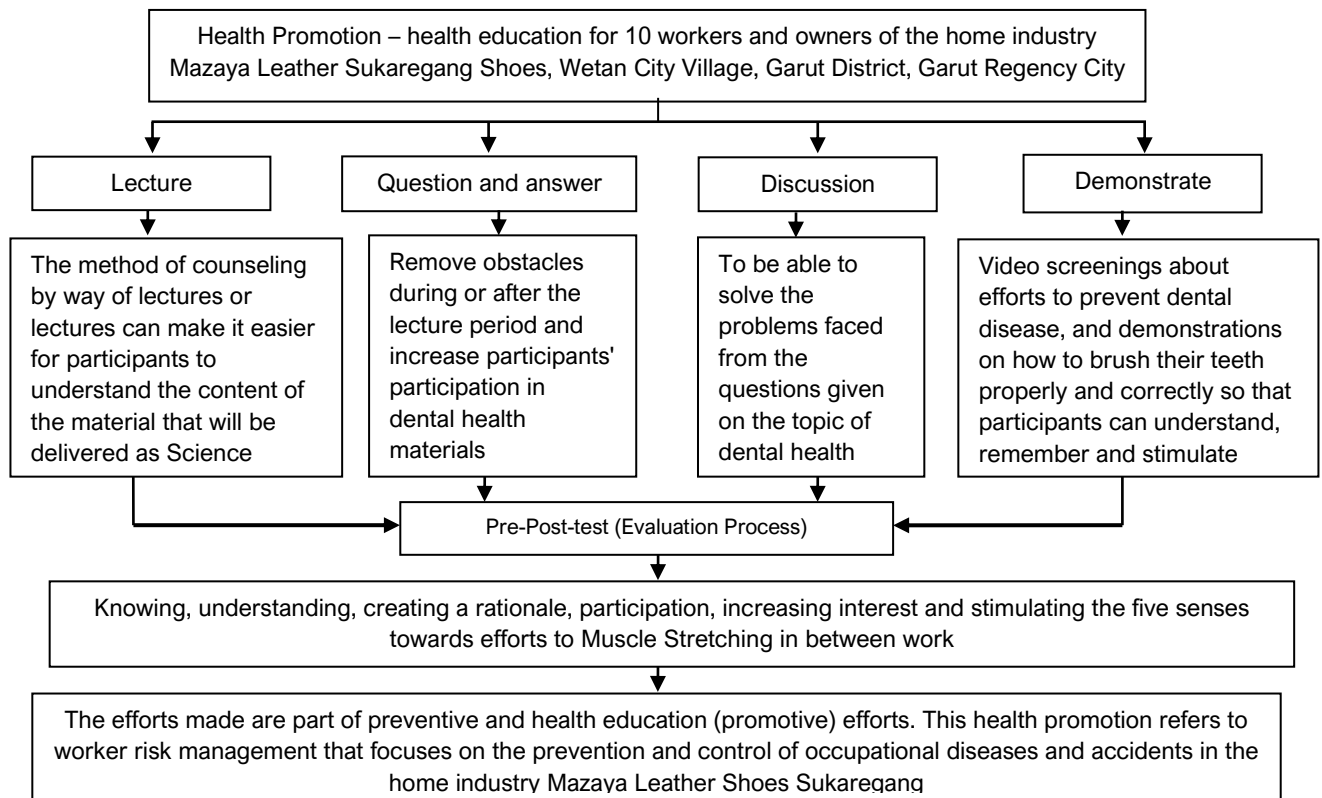


FIGURE 1. Diagram of the health counseling process

## RESULTS

The research was conducted on Saturday, February 3, 2024, at Mazaya Leather, a home industry in RT 01 RW 11 Sukaregang, Wetan City Village. Mazaya Leather, founded by Mr. Anggi Anggara Putra, has been manufacturing leather shoes since 2000. The examination was carried out after obtaining permission from the owner. Data are gathered from owners and employees. Data collecting procedures include interviews, observations, and physical examinations.

History and background: Mazaya Leather was originally known as Carnival Leather and was created in 2000. The formation of this home industry is founded on the availability of leather resources in Sukaregang, thus local inhabitants employ their ingenuity to make jackets, hats, wallets, and shoes. Continuing the company of his parents, who had pioneered the leather shoe home industry, Anggi Anggara Putra changed the name of the house industry to Mazaya Leather with the same manufacturing emphasis, which was leather shoes.

Mazaya Leather supports the concepts of honesty and integrity in the workplace. Despite the fact that the workers are of varying ages, this has no effect on their relationships or seniority. The personnel appreciate one another, and communication is firmly established. In terms of health, there is no specific culture in the workplace; everything is returned to each worker to maintain his body healthy while working.

Worker Demographic Data reveals that the majority of workers are of the adult age group, with 9 persons (90%) and only one worker being old. All employees are male. Nine (90%) of the employees are married, and just one is divorced. The majority of the workers (70%) have a junior high school/MTs education background, while the rest have a high school/MA degree. 2 (20%) workers have graduated from elementary school/MI. 1 (10%) employees. There are two types of enterprises carried out in the workplace: sewing and drafting patterns for six workers (60%) and molding/molding for four workers (40%). Mazaya Leather employs people with varying lengths of employment: 4 (40%) for more than 2 years, 4 (40%) for 1-2 years, and 2 (2%) for less than 1 year.

Mazaya Leather's physical environment consists of a 72-meter building. Because the building is located in the RW 11 section of Wetan City Village, which is one of the most densely inhabited places, the surrounding environment appears congested with other structures. It is difficult to locate the building since, in addition to not being featured on Google Maps, the road in RW 11 Wetan City Village has several small crossroads that even motorized cars will struggle to navigate. When you enter the main room entrance, you will notice a strong odor of glue. The structure has two storeys; the ground floor is utilized as the main room, a place to produce patterns and molding, and the second floor is where sewing machines are lined up.

Health and Social Services: No workers have reported chronic ailments in the workplace. One of the workers had TB and has already been certified cured after receiving treatment. There is no health-care unit or the usage of traditional medicine in the workplace. Workers who are unwell will be excused from work and advised to visit the nearest health care facility, the Guntur Health Center. Work hours begin at 08.00 WIB and conclude at 17.00 WIB. There are no holidays, save for Islamic holidays. The work system adopted is determined by the quantity of orders received. Workers will normally work harder to achieve objectives if there are many orders, however if there are few orders, workers might be more casual in chasing targets. The pay distribution method is based on the worker's capacity to accomplish his or her job. In other words, wages are adjusted to the quantity of production done by one person.

Based on the results of the recapitulation of the results of the assessment of learning requirements for employees in the home industry Mazaya Leather Shoes Sukaregang, Wetan City Village, Garut District, Garut City, and Garut Regency, learning needs.

- Perceived Needs: Because some people understand the consequence of not doing muscle stretching efforts for the prevention of excellent and proper job dangers.
- Unperceived Needs: Because some workers may not recognize the impact of not stretching their muscles to avoid and repair workplace hazards that are damaging to their health.
- Misperceived Needs: Because some workers recognize the danger of not making efforts to strengthen muscles to prevent work hazards with excellent and proper ones that is damaging to health, but there are still habits that are not in compliance with the laws.

Based on the findings of the recapitulation of the results of the learning requirements assessment, it can be observed that there are certain workers' learning needs that are included in the learning needs. Perceived needs Because some recognize the impact of muscular stretching that is not nice and not proper for workers, Unperceived needs Because some workers do not avoid job hazards with excellent and proper muscular stretching, which is hazardous to health; Misperceived needs Because some participants understand the dangers of not preventing occupational risks with good and correct stretching that is harmful to health, there are still habits that do not know how to make efforts to prevent occupational health and safety disorders caused by the element of stretching muscles during work activities. Recapitulation of Data from the Learning Needs Assessment Audience size: 10 persons, including workers from all stages of the shoemaking process.

Health education activities will be carried out immediately on Monday, February 12, 2024, from 10 a.m. till the end of WIB. This activity began with an opening by the MC, followed by a speech. The activity began with the MC asking how well the participants knew about stretching muscles between work, whether they had ever experienced health problems due to not doing the correct auto stretching, especially the risks at work, and what the consequences would be if they did not take these preventive measures. According to all of the participants' responses, they were well aware of the dangers of not attempting to prevent occupational risks with good and correct muscle stretching, but they did not understand what consequences would occur for workers who had a habit of not focusing on occupational risk prevention with good and correct muscle stretching. Before the presenter delivered the information, participants took a pre-test to determine their level of understanding.

The action proceeded with the distribution of content in the form of prepared PPT and video performances, ensuring that attendees stayed engaged in the event and were not bored. The presentation focused on proper muscle stretching to reduce workplace dangers. The material provision began with the core content, in which the presenter exhibited the prepared PPT. When the soldering session went well and the attendees appeared attentive and assimilated what was being delivered

After the material was delivered, there was a video about good and correct muscle stretching at work, accompanied by stretching movements, and a question and answer session to determine the extent of the worker's change from the previous one and after receiving the health service. The speakers read the questions, and the attendees were eager to answer them; a total of 5 questions were successfully answered by numerous people.

The evaluation of counseling on appropriate and accurate muscular stretching while working in an effort to reduce occupational hazards was carried out directly with ten participants. When the counseling participants were presented with the information, they appeared eager. Participants enjoyed the therapy since it was carried out in a positive manner. The counseling exercise was effective since the participants paid close attention to the content delivered. This is evident by the amount of participants who are interested in addressing questions during the Q&A session.

## DISCUSSION

Before receiving health education, students, namely employees and home industry owners, are given a pre-test and a post-test to evaluate their learning. Coordinate with home industry owners to monitor workers' safety and health, follow up with owners or employees in their daily lives regarding the materials that have been delivered, ask employees for their willingness to distribute posters to employees who do not participate in health education, and provide educational posters in physical form to home industry owners to be installed in the workplace.

All participants can easily see how well the educational media functions. Because therapy is conducted electronically, participants do not need to go to a specific location; instead, they can listen virtually from their homes or workplaces. This can help the information be explained more effectively. Participants enthusiastically followed the exercise from start to finish, indicating a positive response.

Occupational safety and health is an endeavor to establish a safe, healthy, and pollution-free workplace in order to decrease and/or eliminate work accidents and occupational illnesses, hence increasing work efficiency and productivity (Prabowo, 2011). Occupational Safety, Security, and Health (K3) is a thought and effort to ensure the integrity and perfection of both physical and spiritual workers, as well as to create protection and security from the risk of accidents and dangers to workers, companies, communities, and the environment (Sucipto, 2014).

K3 is governed by the Law of the Republic of Indonesia No. 1/1970 on Occupational Safety, which defines a workplace as a room or field, closed or open, mobile or stationary, where employees work. The workplace includes any rooms, fields, courtyards, and surrounds that are part of or connected to the workplace (ILO, 2018). According to the International Labour Organization (ILO), occupational safety and health is to improve and maintain the highest degree of physical, mental, and social welfare of all workers in all types of work; prevent health problems caused by work; protect workers in every job from risks arising from factors that can interfere with health; and place and maintain workers in the work environment that are in accordance with the physiological and psychological conditions of

In occupational health and safety, the nursing process includes assessment, data analysis, diagnosis, intervention, implementation, and evaluation. The assessment begins with data gathering, processing, grouping, and analysis, followed by issue formulation and prioritization. The assessment procedure will be carried out beginning February 3, 2024. The data collecting approach was a windshield survey and direct interviews with all shoe convection workers. According to the study, numerous difficulties that can be translated into a nursing diagnosis are: 1) The insecurity of work practices indicates an increased risk of damage; 2) Health behaviors tend to be at risk related to lack of exposure to information about stretching in the workplace, characterized by workers not knowing the right way to stretch; all workers spend time at work in a sitting position; 6 (60%) workers with musculoskeletal problems; workers appear to bend over when they are about to lift weights.

Following the formulation of the nursing diagnosis, the following actions were planned: Primary prevention involves carrying out health education about ergonomic postures through muscle stretching and creating and placing posters linked to the ergonomic position of muscle stretching.

Secondary prevention involves completing ergonomic management training and ergonomic application to the neck and back muscles by stretching between tasks and assessing blood pressure.

Tertiary prevention involves preventing recurrence by recommending frequent ergonomics and stretching management while working and implementing shoe convection workers. The implementation is proceeding as expected. Workers looked excited and asked questions about the material delivered. Workers often provide muscular stretching demonstrations and are available to conduct blood pressure tests.

## CONCLUSIONS AND RECOMMENDATIONS

The evaluation of counseling on appropriate and accurate muscular stretching while working in an effort to reduce occupational hazards was carried out directly with ten participants. When the counseling participants were presented with the information, they appeared eager. Participants enjoyed the therapy since it was carried out in a positive manner. The counseling exercise was effective since the participants paid close attention to the content delivered. This is evident by the amount of participants who are interested in addressing questions during the Q&A session.

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This activity is carried out via offline counseling, namely through direct lectures. This lecture was carried out according to the strategy that had been developed. The efforts made are part of preventative and health education activities in order to avoid health and safety problems caused by workplace dangers.

The program's long-term aim is to: 1) provide a knowledge of the need of making efforts to reduce occupational health and safety concerns by becoming acclimated to stretching muscles between periods at work. 2) Involve local stakeholders and industrial house owners in an attempt to reduce harmful behavior in both the home and the workplace. 3) Proposing the Mazaya Leather Shoes home business as a type of pilot home industry in implementing muscle stretching between work as one of the attempts to prevent work hazards within the scope of the home industry.

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## APPENDIX



FIGURE 2. Flyer Supporting Media Promotion and Health Education



FIGURE 3. Flyer Supporting Media Promotion and Health Education



FIGURE 4. Activity Documentation