

ABSTRACT

Sitting for long periods of time has become a common activity, whether for studying or working. There are 60% of people experiencing symptoms of musculoskeletal disorders due to sitting for too long. Musculoskeletal disorders often occur in children and adults due to the use of unergonomic equipment and poor work posture. Previous research shows that using ergonomic chairs can reduce musculoskeletal disorders. However, ergonomic chair products on the market today are only designed for certain body sizes such as children or adults, so users have to change the chair according to their body growth. Currently there is no research that focuses on ergonomic chair design that can accommodate the body size of users from children to adults. The aim of this research is to create an ergonomic chair design that can accommodate the anthropometric body size of users aged 8 years to 18 years using a Design Thinking approach. Designing the adjustable ergonomic desk chair by collecting user needs from 6 respondents and using anthropometric data. The testing stage carried out by experts on the adjustable ergonomic desk chair design obtained results that were in accordance with the respondents' needs and desires.

Keywords: *Musculoskeletal Disorder, Adjustable Ergonomic Desk Chair, Design Thinking.*