

Pterygium pada pekerja luar ruangan di PT SCM kantor cabang Tasikmalaya dan Banjar tahun 2015

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Abstrak

Latar Belakang: Pterygium merupakan kelainan mata yang terutama di derita oleh penduduk yang tinggal di negara tropis dan subtropis, penyebabnya pajanan sinar matahari (UV), debu dan udara panas. Hasil pemeriksaan kesehatan rutin tahun 2014 banyak ditemukan pterygium (85%). **Tujuan:** Untuk mengevaluasi dampak pajanan sinar matahari, debu dan udara panas terhadap kelainan pterygium pada pekerja di luar ruangan. **Metode:** potong lintang, pengambilan sampel secara random. Jumlah sampel 32 orang dari masing-masing kantor cabang. Menggunakan data primer dari kuesioner dan data sekunder dari pemeriksaan mata. **Hasil:** Prevalensi pterygium pekerja di luar ruangan sebesar 50%, rasio prevalensi 4, Old ratio 7. Adanya hubungan yang bermakna antara lokasi pekerjaan ($p=0.012$), kebiasaan merokok ($p=0.020$), riwayat pajanan sinar matahari, debu, udara panas ($p=0.020$) dan jenis kendaraan operasional ($p=0.0029$) dengan kelainan pterygium. **Kesimpulan:** Pterygium pada pekerja di luar ruangan disebabkan pajanan sinar matahari, debu dan udara panas dengan dipengaruhi lokasi pekerjaan, kebiasaan merokok, jenis kendaraan operasional. **Kata kunci:** Pterygium, sinar matahari, pekerja di luar ruangan.

Background: Pterygium is an eye disorder that primarily suffered by people who live in a tropical and subtropical countries, due to the ultraviolet (sunlight), dust, and heat exposure. The routine medical check up held on 2014 of PT.SCM found that 85% of their workers were suffered by pterygium. **Objective:** To evaluate the effects of sunlight, dust, and heat exposure to pterygium among outdoor workers. **Method:** A cross-sectional study with random sampling that participated by 32 workers of each branch. This study use questionnaires to collect a primary data and also do the eye examination to get the secondary data. **Outcome:** The result of this study show that the prevalence of pterygium among outdoor workers is 50% with the score of prevalence ratio is 4, and the score of old ratio is 7. This study also found that there is a significant correlation between the location of work ($p=0.012$), smoking habits ($p=0.020$), history of sunlight, dust, and heat exposure ($p=0.020$), and the type of operational vehicle ($p=0.0029$) with pterygium disorders. **Conclusion:** The exposure of sunlight, dust, and heat may cause Pterygium among outdoor workers, which is affected by the location of work, smoking habits, and type operational vehicle. **Keywords:** Pterygium, sunlight, outdoor workers