

Hubungan Tingkat Kebisingan Di Lingkungan Kerja Dengan Tekanan Darah Pada Pekerja Di Unit Utilities Dan Oil Movement PT Pertamina (Persero) Refinery Unit VI Balongan, Jawa Barat Tahun 2020

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Abstrak

Penelitian ini bertujuan untuk menganalisis hubungan tingkat kebisingan di lingkungan kerja, faktor karakteristik pekerja (umur, masa kerja, durasi kerja, riwayat keturunan, dan IMT), serta perilaku pekerja (pemakaian APT, perilaku merokok, dan aktivitas fisik) dengan tekanan darah pada pekerja di Unit Utilities dan Oil Movement PT Pertamina (Persero) Refinery Unit VI Balongan tahun 2020. Penelitian ini menggunakan metode penelitian kuantitatif dengan desain studi cross section. Jumlah sampel penelitian ini sebanyak 72 pekerja pada unit Utilities dan Oil Movement. Data kebisingan didapatkan dari pengukuran langsung menggunakan sound level meter. Data tekanan darah pekerja didapatkan melalui pengukuran langsung menggunakan sphygmomanometer digital. Berdasarkan uji chi-square, terdapat hubungan yang signifikan antara kebisingan > 85 dBA dengan tekanan darah tinggi pada pekerja (p-value=0,011, OR=4,474). Terdapat pula hubungan yang signifikan antara variabel umur (p-value=0,001, OR=7,048), masa kerja (p-value=0,019, OR=6,650), durasi kerja (p-value=0,012, OR=4,250), riwayat keturunan (p-value=0,021, OR=4,607), indeks masa tubuh (p-value=0,002, OR=5,714), penggunaan APT (p-value=0,011, OR=0,208) dan aktivitas fisik (p-value=0,004, OR=6,333). Sedangkan variabel merokok tidak memiliki hubungan yang signifikan dengan tekanan darah pekerja (p-value=0,660, OR=1,477).

Kata kunci: Kebisingan, Tekanan Darah Tinggi, Hipertensi, Industri

This study aims to analyze the relationship of noise levels in the work environment, factors of worker characteristics (age, length of work, duration of work, hereditary history, and BMI), worker behavior (use of PPE, smoking behavior, and physical activity) with blood pressure on workers in Utilities and Oil Movement Units of PT Pertamina (Persero) Refinery Unit VI Balongan in 2020. This study uses quantitative research methods with cross sectional study design. The number of samples of this study are 72 workers in the Utilities and Oil Movement Units. Data of noise is obtained from direct measurements using a sound level meter. Data of worker blood pressure is obtained through direct measurements using a digital sphygmomanometer. Based on the chi-square test, there was a significant relationship between noise > 85 dBA and high blood pressure in workers (p-value = 0.011, OR = 4.474). There is also a significant relationship between age variables (p-value = 0.001, OR = 7.048), years of service (p-value = 0.019, OR = 6.650), duration of work (p-value = 0.012, OR = 4.250), hereditary history (p-value = 0.021, OR = 4.607), body mass index (p-value = 0.002, OR = 5.714), use of PPE (p-value = 0.011, OR = 0.208) and physical activity (p-value = 0.004, OR = 6,333). While the smoking variable does not have a significant relationship with workers' blood pressure (p-value = 0.660, OR = 1.477).

Key words: Noise, High Blood Pressure, Hypertension, Industry