

Analisis Faktor Risiko Sindrom Metabolik pada Pekerja Tambang di PT X Tahun 2023

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Abstrak

Sindrom metabolik (SM) adalah gabungan dari beberapa kondisi gangguan metabolisme yang ditandai dengan obesitas sentral, hipertrigliserida, kadar high density lipoprotein (HDL) rendah, kadar gula darah puasa (GDP) tinggi, serta hipertensi. Kejadian sindrom metabolik secara global diperkirakan akan terus meningkat seiring perkembangan teknologi, perubahan gaya hidup, dan pertambahan usia penduduk. Banyak hal yang dapat memengaruhi kejadian SM pada pekerja, seperti usia, pola hidup, pola kerja, tempat tinggal, dan lain-lain. Maka dari itu, penelitian ini dilakukan untuk mengetahui faktor risiko SM di PT X. PT X sebagai salah satu perusahaan tambang batubara di Kalimantan Timur telah melakukan deteksi awal dari proporsi karyawan yang mengalami obesitas, kolesterol tinggi, hipertensi, dan pre-diabetes, namun belum melakukan deteksi yang komprehensif terhadap kejadian SM. Penelitian dilakukan menggunakan desain studi cross-sectional dengan pendekatan kuantitatif. Data dikumpulkan melalui kuesioner, wawancara, dan hasil medical check up pekerja. Penelitian ini mengumpulkan 213 responden yang merupakan karyawan PT X beserta enam PJP. Hasil analisis menunjukkan sebanyak lima responden (2,3%) mengalami SM. Faktor-faktor risiko yang berhubungan dengan kejadian SM di PT X adalah aktivitas fisik (p-value = 0,004; OR = 12,98) dan pola makan (p-value = 0,037; OR = 2,029). Meskipun proporsi kejadian sindrom metabolik cukup kecil, tidak menutup kemungkinan adanya risiko yang belum terdeteksi sehingga diperlukan pemantauan lebih lanjut kepada seluruh pekerja. Evaluasi terhadap aktivitas fisik dan pola makan karyawan juga diperlukan untuk menurunkan risiko sindrom metabolik.

Metabolic syndrome (MS) is a cluster of metabolic disorders including abdominal (central) obesity, hypertriglyceridemia, low high-density lipoprotein (HDL) level, high fasting blood glucose level, and high blood pressure. The prevalence of MS increases globally due to technology developments, lifestyle changes, and an aging population. Many factors are associated with the occurrence of MS in workers including age, lifestyle, job, residence, and many more. Therefore, this research was conducted to find the risk factors of MS in PT X. PT X as one of the coal mining companies in East Kalimantan have screened its employees for obesity, high total cholesterol levels, hypertension, and pre-diabetes. However, the company has not yet determined the number of MS cases that have happened among its employees. Research was conducted using cross-sectional study design with a quantitative approach. Data was collected using questionnaire, interview, and medical check-up reports. This research collected 213 respondents including PT X and service companies. Among them, five respondents (2,3%) were identified as having MS. Risk factors that showed significant correlations with the occurrence of MS are physical activity (p-value = 0,004; OR = 12,98) and diet (p-value = 0,037; OR = 2,029). Despite the low percentage of MS cases, there is a possibility that some risks were not covered in this research. Therefore, it is recommended to conduct a thorough examination to all employees. Evaluating the intensity of physical activity and dietary habits is necessary to reduce the risk of MS.