Analisis Perubahan Indikator Sindrom Metabolik Berdasarkan Keikutsertaan Program Wellness pada Pekerja Migas.

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Abstrak

Pekerja sektor minyak dan gas bumi (migas) berisiko mengalami gangguan metabolik akibat karakteristik pekerjaan, seperti sistem kerja shift dan tuntutan kerja yang tinggi. Penelitian ini bertujuan menganalisis perubahan indikator sindrom metabolik berdasarkan keikutsertaan dalam program wellness pada pekerja migas. Penelitian ini menggunakan desain kohort retrospektif dengan memanfaatkan data sekunder hasil Medical Check-Up (MCU) pekerja tahun 2023 sebagai data baseline dan tahun 2024 sebagai data follow-up. Indikator yang dianalisis meliputi indeks massa tubuh (IMT), lingkar perut, tekanan darah, gula darah puasa, trigliserida, dan high-density lipoprotein (HDL). Analisis dilakukan secara deskriptif, bivariat, dan multivariat. Hasil penelitian menunjukkan terdapat perbedaan perubahan yang signifikan pada lingkar perut (p<0,001), tekanan darah (p=0,002), dan gula darah puasa (p=0,003) antara peserta dan nonpeserta program wellness. Analisis multivariat menunjukkan bahwa keikutsertaan dalam program wellness berhubungan signifikan dengan perbaikan lingkar perut (OR=3,234), trigliserida (OR=1,379), dan gula darah puasa (OR=1,820) setelah dikontrol oleh usia, jenis kelamin, dan lingkungan kerja. Tidak ditemukan hubungan signifikan terhadap perbaikan IMT, tekanan darah, dan HDL. Penelitian ini menyimpulkan bahwa program wellness berhubungan signifikan dalam memperbaiki indikator sindrom metabolik, terutama lingkar perut, trigliserida, dan gula darah puasa, sehingga berpotensi mendukung pengendalian faktor risiko kardiovaskular pada pekerja migas. <hr /> Oil and gas workers are at risk of metabolic disorders due to occupational factors such as shift work and high job demands. This study aimed to analyze changes in metabolic syndrome indicators based on participation in a wellness program among oil and gas workers. This study employed a retrospective cohort design using secondary data from workers’ Medical Check-Up (MCU) records in 2023 as baseline data and in 2024 as follow-up data. The indicators analyzed included body mass index (BMI), waist circumference, blood pressure, fasting blood glucose, triglycerides, and high-density lipoprotein (HDL). Data were analyzed using descriptive, bivariate, and multivariate methods. The results showed significant differences in changes in waist circumference (p<0.001), blood pressure (p=0.002), and fasting blood glucose (p=0.003) between participants and non-participants of the wellness program. Multivariate analysis demonstrated that participation in the wellness program was significantly associated with improvements in waist circumference (OR=3.234), triglycerides (OR=1.379), and fasting blood glucose (OR=1.820) after controlling for age, sex, and work environment. No significant associations were found for BMI, blood pressure, or HDL. This study concludes that the wellness program was significantly associated in improving metabolic syndrome indicators, particularly waist circumference, triglycerides, and fasting blood glucose, and may support the control of cardiovascular risk factors among oil and gas workers.