

ABSTRAK

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Program Studi : Kesehatan Masyarakat
Judul : Hubungan Tekanan Panas (Heat Stress) dengan Keluhan Kelelahan (Fatigue) pada Tenaga Kerja di Perusahaan Premier Oil Indonesia, Platform Gajah Baru Kepulauan Natuna

Latar belakang: Tekanan panas adalah bahaya umum dari kesehatan kerja yang terjadi pada pekerja di luar ruangan terutama di iklim panas-lembab. Lebih dari 2 juta orang yang meninggal akibat kecelakaan dan penyakit akibat kerja. Sekitar 270 juta kasus kecelakaan kerja dan terjadi sekitar 160 juta orang menderita penyakit akibat kerja pertahun di seluruh dunia.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan tekanan panas (*heat stress*) dengan keluhan kelelahan (*fatigue*) pada tenaga kerja di Perusahaan Premier Oil Indonesia.

Metode Penelitian: Penelitian deskriptif kuantitatif, desain penelitian *cross-sectional*. Populasi adalah karyawan laki-laki di Perusahaan Premier Oil Indonesia, Platform Gajah Baru Kepulauan Natuna. Pengambilan sampel dengan *saturated-sampling*. Jumlah sampel 40 orang karyawan laki-laki. Menggunakan uji Korelasi Pearson Product Mommment.

Hasil: Sebagian besar karyawan rata-rata berumur 30.9 tahun, berlokasi kerja di main deck (45.0%) dan cellar deck (35.0%), sebagian besar memiliki riwayat penyakit asma (55.0%), namun sebagian besar tidak memiliki riwayat penyakit jantung (87.5%), ginjal (100.0%), dan hipertensi (72.5%). Rata-rata tekanan panas di lokasi kerja 27.2⁰C. Rata-rata skor keluhan kelelahan 100.6±23.

Kesimpulan: Ada hubungan tekanan panas dan keluhan kelelahan, dimana semakin tinggi tekanan panas maka semakin tinggi nilai keluhan kelelahan ($p < 0.05$), $r = 0.389$. Perlu dilakukan sosialisasi tentang pencegahan dan bahaya kelelahan akibat tekanan panas, serta perlu dilakukan pemberlakuan sistem pergantian waktu dan lokasi kerja.

Kata Kunci : Keluhan Kelelahan (Fatigue), Tekanan Panas (Heat Stress), Tenaga Kerja

vi+ 93 halaman; 2 gambar; 9 tabel

Daftar Bacaan : (1973-2016)

ABSTRACT

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Major : Public Health
Title of Study : The Relationship between Heat Stress and
Fatigue in Employment at PT Premier Oil
Indonesia, Platform Gajah Baru Kepulauan
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Background: Heat stress is a common hazard of occupational health which occur in the field workers, especially in the hot-humid climates. More than 2 million people who died from accidents and occupational diseases. Around 270 million cases of occupational accidents and occurred about 160 million people suffer from work-related illness per year worldwide.

Objective: The aims of this study was to determine the relationship between heat stress and fatigue in employment at the company Premier Oil Indonesia. This study was quantitative descriptive with cross-sectional study design. The population are male employees in the company Premier Oil Indonesia, Gajah Baru Platform Natuna Islands. Sampling method used saturated-sampling. The total of samples are 40 male employees.

The research Method: We used Pearson Product Moment to hypothesis testing.

The Result: The average age employees are 30.9 years, which located in the work on the main deck (45.0%) and cellar deck (35.0%) area, most of them have a history of asthma (55.0%), but most do not have a history of heart, kidney, and hypertension diseases; (87.5%), (100.0%), (72.5%), respectively. The average of heat stress in the workplace 27.2°C . The average score of fatigue 100.6 ± 23 .

Conclusion: There is a relationship between heat stress and fatigue, whereas the higher of heat stress its' impact to the higher of fatigue ($p < 0.05$), $r = 0.389$. Needs to be disseminated on the prevention and the dangers of fatigue due to heat stress, and then necessary needs to enforce the replacement time and work location system.

Keywords : Fatigue, Heat Stress, Employment
vi+ 93 Pages 2 Pictures; 9 Table
References : (1973-2016)