

ABSTRAK

Manusia umumnya bekerja dengan nyaman pada suhu lingkungan 20°C hingga 27°C. Keluhan biasanya dimulai dengan gejala timbulnya biang keringat lalu muncul rasa pusing, keringat berlebih, haus, kram otot, dan peningkatan denyut nadi. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan keluhan subjektif akibat tekanan panas pada pekerja bagian produksi PT X menggunakan metode deskriptif observasional. Penelitian ini termasuk kedalam penelitian cross-sectional dan menggunakan metode penelitian kuantitatif. Dengan total populasi sebanyak 49 pekerja, dan total sampel sebanyak 44 pekerja area produksi PT X. Mayoritas responden berada pada usia kategori muda berjumlah 30 responden (68%), status IMT normal berjumlah 30 responden (68%), volume konsumsi air minum kategori terhidrasi baik berjumlah 32 responden (73%), lingkungan kerja >NAB (89%), keluhan subjektif kategori ringan berjumlah 25 responden (57%). Diketahui tidak ada hubungan antara keluhan subjektif tekanan panas dengan usia (p value = 0,977), IMT (p value = 0,110). Terdapat hubungan antara keluhan subjektif akibat tekanan panas dengan volume konsumsi air minum (p value = 0,000). Saran melakukan rekayasa teknik terhadap area produksi Teknik dengan penambahan *exhaust fan*, penambahan ventilasi untuk memperlancar sirkulasi udara, pengaturan lama paparan tekanan panas, memberikan informasi kepada para pekerja mengenai gejala dan efek kesehatan akibat paparan tekanan panas, kebutuhan cairan tubuh saat bekerja di lingkungan kerja panas dengan mengkonsumsi air minum minimal 2,8 liter per hari, dan efek bekerja pada area tekanan panas.

Kata kunci : tekanan panas, pekerja, iklim kerja, keluhan subjektif

ABSTRACT

Humans generally work comfortably at an ambient temperature of 20°C to 27°C. Complaints usually begin with symptoms of prickly heat and then dizziness, excessive sweating, thirst, muscle cramps, and increased pulse rate. This study aims to determine the factors associated with subjective complaints due to heat stress in PT X production workers using descriptive observational method. This research is included in cross-sectional research and uses quantitative research methods. With a total population of 49 workers, and a total sample of 44 PT X production area workers. The majority of respondents were in the young age category totalling 30 respondents (68%), normal BMI status totalling 30 respondents (68%), drinking water consumption volume in the well-hydrated category totalling 32 respondents (73%), work environment >NAB (89%), subjective complaints in the mild category totalling 25 respondents (57%). It is known that there is no relationship between subjective complaints of heat stress and age (p value = 0.977), BMI (p value = 0.110). There is a relationship between subjective complaints of heat stress and the volume of drinking water consumption (p value = 0.000). Suggestions for engineering the Engineering production area by adding exhaust fans, adding ventilation to facilitate air circulation, setting the length of exposure to heat stress, providing information to workers regarding symptoms and health effects due to exposure to heat stress, the need for body fluids when working in hot work environments by consuming drinking water at least 2.8 liters per day, and the effects of working in heat stress areas.

Keywords : *heat pressure, workers, working climate, subjective complaints*