

ABSTRAK

Renang adalah olahraga yang dapat meningkatkan kualitas hidup dan kesehatan. Banyak yang tidak menyadari bahwa kolam renang merupakan media dalam penularan penyakit melalui perantara air kolam renang. Tujuan penelitian ini untuk mengidentifikasi kualitas air kolam renang Tirta Krida dan GOR Sendang Delta di Sidoarjo (secara fisika, kimia dan mikrobiologis) serta mengidentifikasi adanya keluhan kesehatan pada pengguna kolam renang.

Jenis penelitian adalah penelitian deskriptif yang bersifat *cross sectional*. Sampel dalam penelitian meliputi sampel air kolam renang (air baku, air setelah khlorinasi dan air sesudah digunakan pengunjung) serta masyarakat pengguna kolam renang. Sampel air kolam renang diambil untuk pemeriksaan parameter Koliform, pH, sisa khlor dan kekeruhan dilakukan pada hari biasa dan hari libur. Pengambilan sampel pengunjung kolam renang dilakukan secara acak.

Hasil penelitian terhadap kedua kolam renang ternyata belum memenuhi persyaratan Permenkes No 416/MENKES/PER/IX/1990 tentang kualitas air kolam renang. Pada kolam renang Tirta Krida, parameter yang belum memenuhi persyaratan adalah bau dan sisa khlor, sedangkan pada kolam renang GOR Sendang Delta adalah parameter kejernihan air , pH, MPN Koliform serta sisa khlor. Terdapat keluhan kesehatan pada sebagian besar pengunjung pada kedua kolam renang tersebut, antara lain iritasi mata, iritasi kulit serta kejadian kecelakaan saat berenang.

Disarankan pada pengelola kolam renang untuk memperbaiki sistem pengelolaan air kolam renang, menggunakan desinfektan sesuai kebutuhan serta melakukan pemeriksaan kualitas air secara teratur. Pada pengguna kolam renang sebaiknya menggunakan alat pelindung diri saat berenang untuk menghindari adanya keluhan kesehatan setelah berenang.

ABSTRACT

Swimming is a kind of sport which could increasing health and life quality. Swimming pools are media for water borne diseases. The purpose of this research were to identify water quality at Tirta Krida's and Sendang Delta sport center's swimming pool in Sidoarjo (physically, chemically, and microbiology) and to identify the health disorder of swimmers.

This was a descriptive research with cross sectional approach. Sample consists of swimming pool's water (raw water, swimming pool's water after chlorination and after used) and also the swimmers. The sample of the swimming pool water were taken in order to observe Coliform, pH, residual chlorine and turbidity parameter's during at work day and holiday. The samples of swimmers were taken with random technique.

Swimming pool water quality at Sendang Delta sport center and Tirta Krida were not qualified (due to *Permenkes No 416/MENKES/PER/IX/1990*). Swimming pool water at Sendang Delta sport center were not qualified in pH, MPN Coliform and residual chlorine parameters. Swimming pool water at Tirta Krida were not qualified in smell and residual chlorine parameters. There were health disorder of swimmers either in Sendang Delta sport center and Tirta Krida. The health disorder of swimmers such as eyes irritation, skin irritation and accident when they are swimming.

It was suggested that swimming pool management should be improved the water swimming pool management systems, used disinfectant properly and controlled water quality of swimming pool periodically. The swimmers were better to use personal protective equipment when swimming to avoid of health disorders after swimming.