

HUBUNGAN ANTARA KARAKTERISTIK PEKERJA DI TEMPAT KERJA INTENSITAS BISING TINGGI DENGAN SINDROMA VERTIGO

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ABSTRAK

Lingkungan kerja pabrik di unit produksi memiliki intensitas kebisingan yang melebihi Nilai Ambang Batas (NAB), tidak sekedar menimbulkan rasa tidak nyaman namun juga dapat menimbulkan efek serius bagi kesehatan manusia. Tujuan umum penelitian ini untuk mempelajari apakah ada hubungan antara usia, masa kerja, penggunaan Alat Pelindung Telinga (APT), kebiasaan merokok, dan kebiasaan minum kopi dengan sindroma vertigo pada pekerja di tempat kerja intensitas bising tinggi PT. Indofood Sukses Makmur Tbk. Bogasari Flour Mills.

Desain penelitian ini bersifat survei analitik dengan pendekatan *cross sectional*. Populasi dalam penelitian ini sebanyak 91 orang, dengan *simple random sampling* didapat sampel sebanyak 75 orang. Data karakteristik pekerja dan sindroma vertigo dalam penelitian ini didapat dari kuesioner wawancara dan lembar observasi pengukuran intensitas kebisingan. Intensitas kebisingan diukur menggunakan *Sound Level Meter*. Data dianalisis menggunakan uji statistik *Chi-Square Test*.

Hasil dari penelitian ini mengindikasikan secara statistik ada hubungan antara penggunaan APT juga kebiasaan merokok dan tidak ada hubungan antara usia, masa kerja dan kebiasaan minum kopi dengan sindroma vertigo pada pekerja di tempat kerja intensitas bising tinggi, dengan $\alpha = 0,05$.

Untuk itu perusahaan perlu untuk melakukan isolasi terhadap suara bising dengan peredaman suara pada mesin dan dinding – atap ruang produksi, memberikan pendidikan mengenai bahaya kebisingan terhadap kesehatan, perilaku hidup bersih dan sehat menyangkut kebiasaan merokok dan konsumsi kopi yang dilakukan tenaga kerja dan perlunya pengawasan terhadap penggunaan Alat Pelindung Telinga (APT) saat bekerja agar dapat melindungi diri dari resiko paparan bising.

Kata Kunci : Karakteristik individu, intensitas kebisingan, sindroma vertigo.

ABSTRACT

The working environment in the factory production unit has an intensity of noise that exceeds the Threshold Limit Value (TLV), not only cause discomfort but it also can cause some serious effects to human health. The general objective of this research is to study whether there is a correlation between age, tenure, the use of Ear Protective Equipment (EPE), smoking, and drinking coffee with vertigo syndrome among workers at the workplace with high-intensity noise in PT. Indofood Sukses Makmur Tbk. Bogasari Flour Mills.

The design of this study was analytical survey with cross sectional approach design. The population in this study was 91 people, with simple random sampling the sample obtained as many as 75 people. Data characteristics of workers and vertigo syndrome in this study obtained from the results of questionnaire interviews and observation sheet of intensity of noise measurements. The intensity noise was measured using a Sound Level Meter. Data were analyzed using Chi-Square statistical test.

The results of this study indicate that there were statistically significant correlation exists between the use of EPE and smoking with vertigo syndrome. There was no correlation between age, tenure and drinking coffee with vertigo syndrome among workers at the workplace with high intensity noise, with $\alpha = 0.05$.

It is suggested for the companies to do the insulation against noise with soundproofing material on the engine, the walls and the roof of production room it is important also to provide education about the dangers of excessive noise exposure on health, clean living and healthy behaviors related to smoking and coffee consumption among the worker, and the need to use Ear Protective Equipment (EPE) during the working time in order to protect themselves from the risk of to noise exposure.

Keywords: individual characteristics, intensity of noise, vertigo syndrome.