

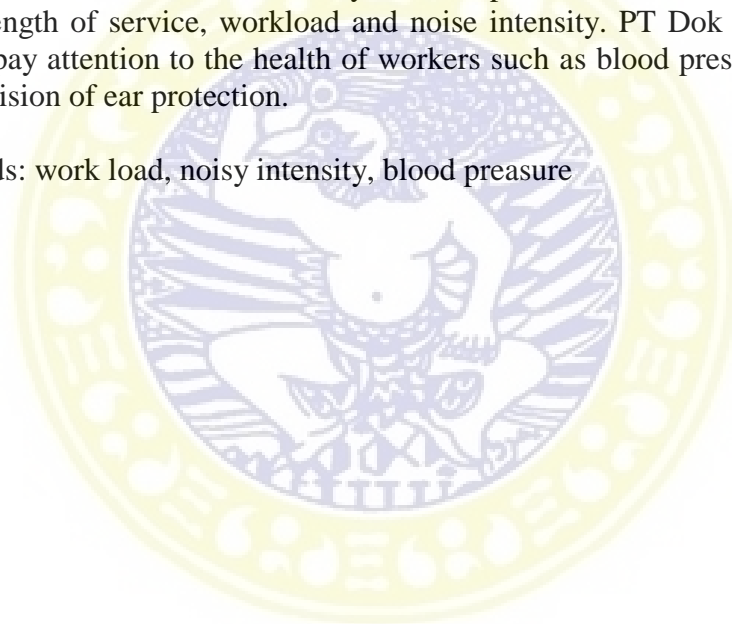
ABSTRACT

Industry that uses technology nowadays beside having positive impacts, also having negative impacts such as adverse effects on workers and work environment. One of the negative impacts is exposure to noise. Every person who works will have workload and responsibility on their work. This will affect health of workers, including their blood pressure. The purpose of this research was to study the relationship between workload and noise intensity with blood pressure in worker in Hull Construction workshop at PT Dok dan Perkapalan Surabaya.

This research was an observational descriptive research, using cross sectional research design. Population total of the research involved 41 people, taken with the provisions of the respondents meeting the inclusion criteria. Data collection included weight measurement, height measurement, pulse measurement, noise measurement and blood pressure measurement. Data analysis used in this research was Pearson and Spearman correlation.

The conclusions of this study is blood pressure related to age, nutritional status, length of service, workload and noise intensity. PT Dok and Perkapalan need to pay attention to the health of workers such as blood pressure attachment and provision of ear protection.

Keywords: work load, noisy intensity, blood pressure



ABSTRAK

Industri saat ini menggunakan teknologi selain berdampak positif, juga menimbulkan dampak negatif seperti pengaruh buruk terhadap pekerja maupun lingkungan kerjanya seperti terpapar bising. Setiap orang yang bekerja akan memiliki beban pada pekerjaannya dan tanggung jawab. Hal ini akan mempengaruhi kesehatan pekerja salah satunya gangguan tekanan darah. Tujuan dari penelitian ini adalah mempelajari hubungan antara beban kerja dan intensitas bising dengan tekanan darah pada pekerja bagian bengkel *Hull Construction* di PT Dok dan Perkapalan Surabaya.

Penelitian ini merupakan penelitian observasional deskriptif, menggunakan desain penelitian *cross sectional*. Total populasi penelitian sebesar 41 orang dengan ketentuan responden memenuhi kriteria inklusi. Pengumpulan data meliputi penimbangan berat badan, pengukuran tinggi badan, pengukuran denyut nadi, pengukuran kebisingan dan pengukuran tekanan darah. Analisis data yang digunakan dalam penelitian ini adalah korelasi Pearson dan Spearman.

Kesimpulan dari penelitian ini adalah tekanan darah berhubungan terhadap usia, status gizi, masa kerja, beban kerja dan intensitas bising. PT Dok dan Perkapalan perlu memberikan perhatian terhadap kesehatan pekerja seperti pengecekan tekanan darah dan pemberian alat pelindung telinga.

Kata kunci: beban kerja, intensitas bising, tekanan darah

