

ABSTRAK

Kementerian Kesehatan RI
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Program Studi D-III Jurusan Kesehatan Lingkungan Surabaya
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PERBEDAAN DENYUT NADI SEBELUM DAN SESUDAH TERPAPAR PANAS (Studi Pada Tenaga Kerja Di Area *Steel Melting Shop* PT. Ispat Indo Sidoarjo Tahun 2018)

viii + 56 Halaman + 16 Tabel + 2 Gambar + 10 Lampiran

Lingkungan kerja yang aman dan nyaman dapat dilihat dari faktor fisika lingkungan kerja, yaitu khususnya iklim kerja (tekanan panas). Iklim kerja yang panas dapat berasal dari mesin yang digunakan untuk produksi. Lingkungan kerja yang panas dapat mempengaruhi kesehatan tenaga kerja sehingga dapat menurunkan produktivitas. PT. Ispat Indo merupakan perusahaan baja terbesar kedua di Indonesia dan terbesar keempat di dunia. Secara umum penelitian ini bertujuan mengetahui perbedaan denyut nadi pada tenaga kerja sebelum dan sesudah terpapar panas di Area *Steel Melting Shop* PT. Ispat Indo Sidoarjo.

Metode penelitian ini menggunakan studi *comparative* dan berdasarkan waktu pengambilan sampelnya termasuk *cross sectional*. Besar sampel 34 orang secara *purposive*. Dianalisis secara analitik dengan *Paired T-Test*.

Hasil penelitian menunjukkan 2 dari 6 titik pengukuran melebihi Nilai Ambang Batas, yaitu diatas 29 °C dengan beban kerja sedang. Perubahan denyut nadi dipengaruhi karakteristik tenaga kerja antara lain umur, masa kerja, kebiasaan minum, dan kebiasaan merokok. Sehingga dapat disimpulkan bahwa ada perbedaan denyut nadi sebelum dan sesudah terpapar panas ($P \leq 0,05$).

Tenaga kerja disarankan lebih sering mengonsumsi air untuk mengganti cairan tubuh yang hilang dan menghindari dehidrasi.

Kata kunci : tekanan panas, denyut nadi, pabrik besi baja

Daftar bacaan : 13 buku + 22 jurnal (1991-2018)

ABSTRACT

Ministry of Health RI
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D-III Study Program of Environmental Health
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THE DIFFERENCES ON PULSES BEFORE AND AFTER HEAT EXPOSURE (Study of Labors in Area of Steel Melting Shop PT. Ispat Indo Sidoarjo 2018)

viii + 56 Pages + 16 Table + 2 Images+ 14 Attachments

A safe and comfortable working environment determined by physical working environment factor, especially organizational climate (heat pressure). Hot organizational climate could be produced by machine that is being used for production. Hot organizational climate can also affecting labor's health thus leads to the decrease of productivity. PT. Ispat Indo is the second largest steel company in Indonesia and the fourth world largest steel company. Generally, this research aimed to discover the difference between labor pulses before and after who expose to the heat in the *Area of Steel Melting Shop* PT. Ispat Indo Sidoarjo.

The method used for this research was *Comparative study* and *Cross Sectional* as a method based on the sampling. The sample consisted of 34 people purposively. Analysis conducted analytically with Paired *T-Test*.

Result of the study showed that 2 out of 6 points of measurement exceeded the Threshold Limit Value, which was more than 29 °C medium workload. Pulse changes caused by labor characteristics including age, years of service, drinking habit, and smoking habit. Therefore, it can be concluded that there were differences before and after they were exposed to the heat ($P \leq 0,05$).

It is recommended for labor to consume more water to replace bodily fluid loss and avoid dehydration.

Keywords: heat pressure, pulse, steel company

Reading List: 13 books + 22 journals (1991-2018)