

ABSTRACT

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DIFFERENCES OF BLOOD PRESSURE BEFORE AND AFTER EXPOSURE TO HEAT PRESSURE (Studies on Workers at Lady Lis The Tofu Factory at Donorojo Subdistrict of Pacitan Regency in 2017).

viii + 65 Page + 12 Table + 2 pictures + 5 Attachments

A comfortable work environment, one of which can be seen from the physical factors in the working environment, especially in the aspect of the working climate (heat-pressure). The working climate (heat-pressure) in the workplace can affect the health of the workforce that will ultimately decrease productivity. According to the research results of Ari, Suwondo and coauthors in 2008, that the pressure the heat affect the workers blood pressure. Tofu factory belonging to the "Ibu Lis" is the manufacturer knew the only residing in Donorojo Subdistrict of Pacitan Regency. The results of measurements on a preliminary survey of the working climate in 3 point at the production of known average temperature 31,28 °C. These results show has exceeded the threshold Value (NAB) based on the regulation of the Minister of Manpower and Transmigration Number PER 13/DOWNLOAD/X/2011 about the value of the thresholdfFactors are physical and chemical factors in the workplace amounted to 25.9 °C so that it can have an effect on the health of workers, in particular the blood pressure. In general, this research aims to know the difference in blood pressure before and after exposure to heat pressure on workers at Lady Lis's tofu factory Donorojo Subdistrict of Pacitan Regency and in particular aiming to identify the characteristics of the workforce, the employment climate measure, measure the blood pressure of the workers before and after work, analyzing the difference of blood pressure before and after exposure to heat pressure, described the influence of characteristics of workers against blood pressure and climate control efforts work in the factory.

This research includes the kind of observational studies and time-based data retrieval include *cross sectional* study. A large sample of 30 people taken in random, data is collected and processed and analyzed statistically (analytic) to test the hypothesis.

The results showed there was a difference in blood pressure before and after exposure to heat pressure. Blood pressure changes also affected the characteristics of workers, among others, age, period of employment, and the habit of exercising.

Factory owners are advised to install the ventilation is natural or man-made in the form vetilasi giving a fan or exhauster, workers should be more drinking lots of water, and take advantage of the break well.

Key words : heat pressure, blood pressure, tofu factory

Reading list : book 11 + 12, journals (2004 – 2016)

ABSTRAK

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PERBEDAAN TEKANAN DARAH SEBELUM DAN SESUDAH TERPAPAR TEKANAN PANAS (Studi Pada Pekerja Di Pabrik Tahu “Ibu Lis” Kecamatan Donorojo Kabupaten Pacitan Tahun 2017)

viii + 65 Halaman + 12 Tabel + 2 Gambar + 5 Lampiran

Lingkungan kerja yang nyaman, salah satunya dapat dilihat dari faktor fisika pada lingkungan kerja, khususnya pada aspek iklim kerja (tekanan panas). Iklim kerja (tekanan panas) di tempat kerja dapat berpengaruh pada kesehatan tenaga kerjanya yang pada akhirnya akan menurun produktifitas. Menurut hasil penelitian dari Suwondo Ari, dkk pada tahun 2008, bahwa tekanan panas mempengaruhi tekanan darah pekerja. Pabrik tahu “Ibu Lis” merupakan produsen tahu satu-satunya yang berada di Kecamatan Donorojo Kabupaten Pacitan. Hasil pengukuran pada survey pendahuluan tentang iklim kerja di 3 titik di bagian produksi diketahui rata-rata suhu 31,28°C. Hasil ini menunjukkan telah melebihi Nilai Ambang Batas (NAB) berdasarkan Peraturan Menteri Tenaga Kerja dan Transmigrasi Nomor PER.13/MEN/X/2011 tentang Nilai Ambang Batas Faktor Fisika dan Faktor Kimia di Tempat Kerja sebesar 25,9°C sehingga dapat berpengaruh terhadap kesehatan Pekerja, khususnya tekanan darah. Secara umum penelitian ini bertujuan untuk mengetahui perbedaan tekanan darah sebelum dan sesudah terpapar tekanan panas pada pekerja di pabrik tahu “Ibu Lis” Kecamatan Donorojo Kabupaten Pacitan dan secara khusus bertujuan untuk mengidentifikasi karakteristik tenaga kerja, mengukur iklim kerja, mengukur tekanan darah Pekerja sebelum dan sesudah bekerja, menganalisis perbedaan tekanan darah sebelum dan sesudah terpapar tekanan panas, mendeskripsikan pengaruh karakteristik pekerja terhadap tekanan darah dan upaya pengendalian iklim kerja di pabrik.

Penelitian ini termasuk jenis penelitian observasional dan berdasarkan waktu pengambilan datanya termasuk penelitian *cross sectional*. Besar sampel 30 orang diambil secara random, data dikumpulkan dan diolah serta dianalisis secara statistik (analitik) untuk menguji hipotesis.

Hasil penelitian menunjukkan terdapat perbedaan tekanan darah sebelum dan sesudah terpapar tekanan panas. Perubahan tekanan darah juga dipengaruhi karakteristik pekerja antara lain umur, masa kerja, dan kebiasaan berolahraga.

Pemilik pabrik disarankan untuk memasang ventilasi alami ataupun memberi ventilasi buatan berupa kipas angin atau exhauster, pekerja harus lebih banyak minum air, dan memanfaatkan waktu istirahat dengan baik.

Kata kunci : tekanan panas, tekanan darah, pabrik tahu

Daftar bacaan : 11 buku + 12 jurnal (2004 – 2016)