

# Hubungan perubahan tekanan darah dengan timbulnya kelelahan umum dan faktor-faktor yang berhubungan pada operator heavy dump truck PT X lokasi Binungan Kalimantan Timur = Relationship of blood pressure with general fatigue and related factors on heavy dump truck operator PT X Binungan East Borneo

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## Abstrak

[<b>ABSTRAK</b><br>

Latar Belakang : Kelelahan umum merupakan salah satu faktor risiko untuk terjadi kecelakaan kerja. Peningkatan tekanan darah sering disertai dengan kondisi lelah pada seseorang. Penelitian ini bertujuan untuk mengetahui hubungan perubahan tekanan darah (sistolik, diastolik,MAP) dengan timbulnya kelelahan umum dan faktor-faktor yang berhubungan pada operator heavy dump truck di Binungan yaitu usia, status perkawinan, status gizi, kebiasaan olah raga, kebiasaan merokok, shift kerja, lama kerja,dan stres kerja. Metode : Penelitian ini menggunakan desain cross sectional dengan sampel sebanyak 125 responden yang dipilih secara propotional random. Pengumpulan data dilakukan dengan wawancara, data medical check up dan kuesioner. Pengukuran kelelahan dan tekanan darah menggunakan tensimeter dan waktu reaksi L77 Lakassidaya yang diukur sebelum dan sesudah bekerja. Analisis data menggunakan uji regresi linear untuk variabel numerik dan uji regresi logistik untuk variabel katagorik.

Hasil : Prevalensi kelelahan umum operator sebelum kerja sebesar 20% dan sesudah kerja 22.4% dengan tingkat kelelahan ringan. Faktor yang berhubungan dengan kelelahan pada operator yaitu masa kerja > 3 tahun ( $r = 0.268$ ) dengan nilai adjusted R square sebesar 6.4%. Faktor-faktor lain yang diteliti tidak berhubungan dengan kelelahan umum.

Kesimpulan : Perubahan tekanan darah tidak berhubungan dengan kelelahan umum. Faktor yang berhubungan dengan kelelahan umum adalah masa kerja.

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<b>ABSTRACT</b><br>

Background : Increased blood pressure is often associated with general fatigue which one of risk factors for accidents in the workplace. The aim of this study is to determine the relationship blood pressure (systolic, diastolic, and MAP) with general fatigue and related factors related such as age, marital status, nutritional status, exercise, smoke, shift work, working periode, and stres.

Methodology: this study used a cross-sectional design with 125 respondents selected by proportional random sampling. Data collected through interviews, medical check-up data and questionnaires. Fatigue and blood pressure measurement using a sphygmomanometer and Lakassidaya L77 reaction time measured before and after work. Analysis data using linear regression test for numerical variables and logistic regression for catagorical variables.

Result : The prevalence of general fatigue in operators before work is 20% and 22.4% after working with mild fatigue level. Factors that related to fatigue is working period > 3 years with adjusted R-square value of 6.4% ( $r = 0.268$ ). Other factors are not associated with general fatigue. Conclusions: Blood pressure are not associated with general fatigue. Working periode is associated with general fatigue.;Background : Increased

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