

## Gambaran keluhan subjektif pekerja yang terpajan getaran tangan dan lengan di area door assy welding dan dies maintenance PT XYZ Stamping plant Jakarta tahun 2018 = Description of workers subjective health complaints due to hand-arm vibration exposure in sub assy welding and dies maintenance area of PT XYZ Stamping plant Jakarta 2018

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### Abstrak

Pajanan getaran tangan dan lengan dalam kurun waktu tertentu dapat menyebabkan gangguan kesehatan yaitu Sindrom Getaran Tangan dan Lengan atau Hand-Arm Vibration Syndrome. Gejala yang dirasakan berupa kesemutan, baal/mati rasa, pemutihan pada jari blanching dan nyeri pada tangan dan lengan. Getaran tangan dan lengan dihasilkan dari alat-alat tangan hand-held tools yang digunakan saat bekerja. Penelitian ini menggunakan desain studi potong lintang dan bersifat deskriptif untuk melihat distribusi frekuensi keluhan subjektif berupa kesemutan, baal/mati rasa, dan pemutihan jari pada pekerja yang terpajan getaran tangan dan lengan di PT XYZ Stamping Plant Jakarta. Data keluhan subjektif didapat dari hasil pengisian kuisioner oleh 35 orang operator alat bergetar di area door assy welding dan dies maintenance PT XYZ Stamping Plant Jakarta. Sedangkan data pengukuran getaran tangan dan lengan sendiri merupakan data milik perusahaan terkait. Hasil penelitian menunjukkan bahwa sebesar 65.7 responden mengalami keluhan kesemutan, 28.6 mengalami keluhan pemutihan jari, dan 14.3 mengalami keluhan baal/mati rasa. Hasil pengukuran getaran tangan dan lengan untuk alat bergetar yang digunakan buffing dan gerinda masih dibawah Nilai Ambang Batas NAB 5 m/s<sup>2</sup>. Hasil analisis bivariat menunjukkan tidak ada hubungan yang signifikan antara usia, masa kerja, lama pajanan per hari, kebiasaan merokok, dan training dengan keluhan subjektif yang diteliti.

.....Long term exposure to hand arm vibration can cause a health problem known as Hand Arm Vibration Syndrome HAVS . The symptoms include tingling and numbness in the fingers, blanching on the tips of the fingers, aches and pains in the lower arm and hands. The exposure of hand arm vibration comes from the vibrating machine tools which were used by the workers at work. The aim of this study is to obtain the frequency distribution of subjective health complaints tingling, numbness, and finger blanching of the workers who have been exposed to hand arm vibration in PT XYZ Stamping Plant Jakarta. This study used cross sectional design and a questionnaire was given to 35 workers who is using hand held vibrating tools everyday at work in Sub Assy Welding and Dies Maintenance area of PT XYZ Stamping Plant Jakarta. The result of this study showed that 65.7 workers complaint of tingling, 28.6 workers complaint of finger blanching, and 14.3 workers complaint of numbness. However, the result of magnitude measurement of vibration tools grinder and buffing which exposed the workers is still under the exposure limit value. The result of chi square analysis showed that there were no significant differences between independent variables ages, years of working, daily exposure to vibration, smoking, and training and dependent variables tingling, numbness, and finger blanching.