

Hubungan Lama Kerja Objektif Dengan Kecenderungan Gangguan Mental Emosional Akibat Stres Pada Petugas Kebersihan Dinas Lingkungan Hidup Jakarta Timur = Relationship between Working Hours and Common Mental Disorder in trash crew of East Jakarta Environment Agency

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Abstrak

Situasi kerja memungkinkan pekerja mengalami gangguan kesehatan mental. 11,6-17,4% populasi dewasa di Indonesia mengalami gangguan mental emosional berupa stres kerja. Petugas Sampah Provinsi DKI Jakarta bekerja 6 hari/minggu dengan durasi 8 jam/hari. Survei pendahuluan mendapatkan 30% petugas sampah di 2 Kecamatan Jakarta Timur mengeluhkan tegang tengkuk dan sakit kepala. Oleh karena itu, penelitian ini ingin mengetahui adakah hubungan antara lama kerja objektif dengan gangguan mental emosional. Penelitian cross sectional dilakukan pada 61 petugas sampah di Dinas Lingkungan Hidup Jakarta Timur melalui consecutive sampling berupa pengisian kuesioner SRQ-20 untuk mengetahui kecenderungan gangguan mental emosional. Uji Fisher dilakukan pada SPSS. Prevalensi gangguan mental emosional 11,5%. Lama kerja objektif >48 jam/minggu secara statistik bermakna memiliki hubungan dengan gangguan mental emosional pada crew sampah Dinas Lingkungan Hidup Jakarta Timur (OR=13,067; CI 95% 2,254 – 75,732, p=0,007).

.....Working conditions may affect worker's mental health. 11,6-17,4% of the adult population in Indonesia suffers from common mental disorder caused by stress at work. Trash crew in Jakarta works 6 day/week with the duration of 8 hours/day. Preliminary survey reported 30% of trash crew in 2 districts in East Jakarta complained having neck tension and headache. Therefore, this research was aimed to find out the relationship between working hours and common mental disorder in trash crew of East Jakarta Environment Agency. Cross sectional study was conducted to 61 members of the trash crew at East Jakarta Environment Agency selected by consecutive sampling in which the crew fill the SRQ-20 questionnaire to find out the tendency of having common mental disorder. Fisher's test then conducted in SPSS. The prevalence of common mental disorder among trash crew of East Jakarta Environment Agency is 11,5%. Working hours >48 hours/week is statistically significant in having relationship with common mental disorder of trash crew in East Jakarta Environment Agency (OR=13,067; CI 95% 2,254 – 75,732, p=0,007).