

# Analisis Hubungan Faktor Tekanan Panas (Heat Stress) dan Keluhan Subjektif pada Pekerja di Proyek Konstruksi Pembangunan Prasarana Light Rail Transit (LRT) JABODEBEK Depo Jatimulya Tahun 2021 = The relationship between workers' subjective complaints due to heat exposure at JABODEBEK Depo Jatimulya Light Rail Transit (LRT) Construction Project in 2021

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## Abstrak

Tingginya dampak fisiologis akibat tekanan panas telah terjadi pada pekerja Proyek Jabodebek LRT Depo Jatimulya salah satunya adalah gangguan pada fungsi organ tertentu dalam tubuh (heat related illness) dimana pekerja mengeluhkan cuaca panas jika di siang hari yang menyebabkan 7 (tujuh) pekerja diantaranya pusing dan 3 (tiga) pekerja lainnya mengeluhkan cepat haus. Penelitian ini bertujuan untuk menganalisis hubungan antara tekanan panas dan keluhan subjektif pada pekerja proyek LRT Jabodebek Depo Jatimulya, baik outdoor (area lintasan) maupun indoor (OCC Building) sebanyak 185 responden. Penelitian ini bersifat kuantitatif dengan menggunakan desain studi cross sectional dan menggunakan data sekunder yang dikumpulkan selama periode Agustus-Desember 2021. Hasil penelitian didapatkan bahwa mayoritas responden bekerja dengan nilai WBGT lebih dari NAB (67,0%) dan mengalami keluhan subyektif berat (73,5%). Dimana variabel temperatur udara ( $p\text{-value} = 0,000$ ), kelembaban udara ( $p\text{-value} = 0,000$ ), beban kerja ( $p\text{-value} = 0,001$ ), pakaian kerja ( $p\text{-value} = 0,001$ ), dan indeks tekanan panas ( $p\text{-value} = 0,000$ ), memiliki hubungan yang signifikan dengan keluhan subyektif. Sedangkan kecepatan aliran udara ( $p\text{-value} = 0,240$ ) tidak memiliki hubungan yang signifikan dengan keluhan subyektif. Didukung dengan hasil pemodelan akhir, bahwa variabel indeks tekanan panas merupakan faktor yang paling dominan berhubungan dengan keluhan subyektif (OR 4,191). Diharapkan kedepannya perusahaan melakukan pengendalian teknik, pengendalian administratif, dan pengendalian personal, untuk meminimalisir risiko kejadian keluhan subyektif kepada para pekerja

.....Heat stress has had a large physiological impact on workers in Jabodebek Depo Jatimulya Light Rail Transit (LRT) Construction Project, one of which is a disruption in the function of certain organs in the body, where workers complain of hot weather during the day, which leads 7 (seven) workers had dizziness and 3 (three) other workers complain of thirst. The purpose of this study is to examine the association between workers' subjective complaints due to heat exposure among 185 workers, both outdoors and indoors. This study is quantitative research using a cross-sectional study design, primary and secondary data gathered between August and December 2021. The results showed that the majority of respondents worked with WBGT values of more than threshold values (67.0%) and experienced severe subjective complaints (73.5%). The air temperature ( $p\text{-value} = 0,000$ ), air humidity ( $p\text{-value} = 0,000$ ), workload ( $p\text{-value} = 0,001$ ), workwear ( $p\text{-value} = 0,001$ ), and heat pressure index ( $p\text{-value} = 0,000$ ) have a significant relationship with subjective complaints, while the velocity of air flow ( $p\text{-value} = 0,240$ ) does not. It is supported by the results of the final modeling that the heat pressure index variable is the most dominant factor related to subjective complaints (OR 4,191). It is hoped that in the future, the corporation will implement technical, administrative, and personal controls to reduce the likelihood of subjective complaints from employees.