

Kajian analisis risiko penggunaan masker medis 3 lapis terhadap keluhan kesehatan subjektif pada pekerja fisik di PT.X pada masa pandemi COVID-19 = Risk analysis study of 3 layers medical mask usage in physical workers over subjective health issue during COVID-19 pandemic period

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Abstrak

Sejak tahun 2020 dan selama pandemi COVID-19, Indonesia mewajibkan pemakaian masker di semua aktivitas kerja termasuk di dalam perusahaan. Oleh karena itu, PT.X mewajibkan semua pekerjanya menggunakan masker termasuk pekerjaan fisik dan sesuai dengan standar pemerintah dan kemudahan bernapas maka dipilihlah masker medis 3 lapis. Melalui observasi pendahuluan menunjukkan dari 12 pekerja fisik, 92% merasakan keluhan cepat lelah dan sesak napas ketika bekerja, sehingga penelitian ini bertujuan ingin mengetahui hubungan antara pemakaian masker medis 3 lapis melalui %CVL (cardiovascular load) dengan keluhan kesehatan subjektif pada pekerja fisik. Hasil dari penelitian melalui analisis tabel silang/crosstab antara variabel “jenis keluhan kesehatan subjektif” dengan “%CVL” menunjukkan terdapat hubungan antar variabel “jenis keluhan kesehatan subjektif” dan variabel “%CVL” dengan interpretasi semakin tinggi %CVL suatu pekerjaan fisik maka semakin tinggi risiko negatif terhadap keluhan kesehatan subjektif (seperti keluhan cepat lelah sampai sesak napas). Kemudian, untuk analisis tabel silang/crosstab antara variabel “waktu mengalami keluhan kesehatan subjektif” dengan “%CVL” menunjukkan terdapat hubungan antar variabel dengan interpretasi semakin tinggi %CVL suatu pekerjaan fisik maka semakin cepat pekerja merasakan keluhan kesehatan subjektif tersebut. Sedangkan, untuk parameter lain seperti karakteristik pekerja dan kondisi lingkungan kerja di PT.X tidak menunjukkan hubungan dan interpretasi yang bermakna terhadap keluhan kesehatan subjektif pekerja fisik ketika penggunaan masker. Sehingga, dapat disimpulkan secara umum bahwa terdapat hubungan antara pemakaian masker medis 3 lapis melalui %CVL dengan keluhan kesehatan subjektif pada pekerja fisik, semakin besar nilai %CVL (atau semakin lelah) maka semakin berat keluhan kesehatan subjektif yang dialami (cepat lelah sampai sesak napas) dan semakin cepat pekerja fisik mengalami keluhan kesehatan subjektif dalam 1 putaran pekerjaan. Hasil penelitian ini dapat menjadi dasar untuk penilaian kembali bahaya dan risiko pemakaian masker pada pekerjaan fisik di perusahaan untuk menemukan pengendalian yang lebih memadai.

.....Since year 2020 and during COVID-19 pandemic period, in Indonesia, mask usage is mandatory for every working activities including in industry. Hence, mask usage is mandatory in PT.X including for physical activities and based on local/government regulation also breathability aspect, PT.X decided to use 3 ply medical mask as standard mask. From pre observation that had already been conducted revealed that from 12 physical workers as respondent, 92% were experiencing health issue during wearing the mask. Then, this condition proves that wearing the mask during physical activity resulting new hazard that need to be mitigated properly. The purpose of researcher in this thesis is to find relation between 3 ply medical mask usage through %CVL (cardiovascular load) measurement with subjective health issue of physical workers. The result of this research from crosstab analysis between variable “health issue type” vs “%CVL” shows meaningful relation with interpretation the higher of %CVL from physical activity will impact to higher risk

of negative health issue (tired quickly until shortness of breath). Then, for crosstab analysis between variable “experiencing health issue times” vs “%CVL” shows meaningful relation with interpretation the higher of %CVL from physical activity will make respondent feel subjective health issue faster. While, for other parameters (worker characteristic and workplace area characteristic in PT.X) vs variable of “health issue type” and “experiencing health issue times” show no meaningful relation and interpretation. Hence, in general, we can conclude that there is meaningful relation between 3 ply mask usage through %CVL measurement with health issue of physical workers. The higher of %CVL value or more tired condition of the physical worker resulting more severe for the health issue such as feel tired quickly until shortness of breath and in term of the time, worker will get this health issue faster in one work cycle. Considering this condition, the %CVL value can be as reference/baseline to do reassessment regarding hazard and risk for mask usage during physical work/activity in the workplace area to find further sufficient mitigation.