

## Evaluasi program pengendalian berat badan berlebih di Pertamina unit pemasaran IV Semarang tahun 2005 = Evaluation of overweight control program at Pertamina Marketing Unit IV Semarang in 2005

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### Abstrak

Berat badan berlebih adalah salah satu faktor risiko terjadinya penyakit yang berhubungan dengan gaya hidup kurang gerak, seperti penyakit jantung koroner, stroke, hipertensi, dan kencing manis.

Dalam rangka memelihara sumber daya manusianya agar tetap dalam keadaan sehat dan bugar, pada tahun 2005 Pertamina Unit Pemasaran IV Semarang menerapkan Gerakan Hidup Sehat berupa program Pengendalian Berat Badan Berlebih dalam bentuk olah raga senam aerobik teratur dan terukur. Program berlangsung selama lebih kurang tiga bulan dan terutama ditujukan kepada para pekerja dengan catatan Medical Check Up tahun 2004 menunjukkan kondisi berat badan berlebih.

Program Pengendalian Berat Badan Berlebih sudah beberapa kali dijalankan di Pertamina Unit Pemasaran IV Semarang, namun belum pernah dievaluasi secara formal penerapan dan tingkat keberhasilannya. Untuk mengetahui tingkat penerapan serta keberhasilan aspek masukan, aspek proses, dan aspek keluaran dalam pelaksanaan program tahun 2005, Penulis melakukan penelitian dengan data sekunder tahun 2005 yang diklarifikasi melalui wawancara mendalam kepada Tim Manajemen dan pekerja Pertamina Unit Pemasaran IV Semarang yang menjadi peserta Program Pengendalian Berat Badan Berlebih tahun 2005.

Penelitian menunjukkan bahwa pencapaian aspek masukan cukup baik karena adanya dukungan sumber daya perusahaan yang memadai, meskipun komitmen dan keterlibatan manajemen masih kurang.

Pencapaian aspek proses cukup baik dengan terlaksananya tahapan-tahapan program sesuai rencana, namun evaluasi, rekomendasi dan tindak lanjut perbaikan belum diterapkan. Aspek keluaran pencapaiannya baik karena kontinuitas pelaksanaan program terjaga dan didukung tingkat kehadiran peserta yang cukup baik.

Analisis dengan uji T paired I T dependen mendapatkan hasil adanya perbedaan yang bermakna antara berat badan peserta sebelum dan sesudah mengikuti program.

Disarankan agar manajemen Pertamina Unit Pemasaran IV Semarang meningkatkan komitmennya terhadap kegiatan promosi kesehatan kerja, khususnya program pengendalian berat badan berlebih, dengan lebih aktif terlibat, menjalankan program sosialisasi, meningkatkan pemahaman dan motivasi pekerja, melaksanakan pemantauan dan pemeliharaan hasil, serta menerapkan program pola makan sehat. Kegiatan-kegiatan tersebut harus dievaluasi untuk kemungkinan perbaikan. Perlu dibuat kajian lebih lanjut untuk melihat pengaruh kegiatan promosi kesehatan terhadap produktivitas Perusahaan.

<hr><i>Overweight is one of the several risk factors which cause sedentary 'lifestyle-related diseases, such as coronary heart disease, stroke, hypertension and diabetes melitus.

In order to maintain its workers in a healthy and fit condition, in 2005 Pertamina Marketing Unit IV Semarang conducted a Movement of Healthy Life in the form of Overweight Control Program through regular and measured aerobic sports. The program was carried out for three months and focused on overweight employees based on their 2004's Medical Check Up record.

Overweight Control Programs have been carried out many times at Pertamina Marketing Unit IV Semarang, but has not been formally measured and evaluated. In evaluating the implementation and the success of the

aspects of the program, such as input, process, and output in the year 2005, the author conducted a research using secondary data from the year 2005, which was then verified through a series of in-depth interviews with the management team and the employees of Pertamina Marketing Unit IV Semarang who took part in Overweight Control Program in 2005.

Research shows that the input is good enough with adequate resources provided by the company, although the commitment and involvement of the management are still less satisfactory. The process is also good enough as shown in the phases of the program that can be completed as planned. However, evaluation, recommendation and follow-ups for improvement have not yet been carried out. The output is good as the sustainability of the program can be maintained. This is also supported by the attendance data of the participants.

Analysis through T paired dependent test shows that there is a significant means difference between the participants' body weight before and after attended the Program.

It is suggested for management of Pertamina Marketing Unit IV Semarang to improving their commitment to the health promotion program, especially overweight control program, by more actively involved, performing socialization program, improving employees' understanding and motivation, performing result monitoring and maintainance, and implementing healthy diet program. These activities must be evaluated for improvement possibilities. It is also recommended to perform advanced study to observe its influence on company's productivities.