

## Stage of change merokok dan intake makan berkolesterol karyawan shift di Proyek Tangguh Tahun 2008 = The stage of change of smoking and cholesterol consumption of shift employee at Tangguh project, 2008

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### Abstrak

Perilaku tidak sehat dapat meningkatkan risiko timbulnya berbagai problem kesehatan termasuk penyakit jantung koroner. Melalui review MCU karyawan shift di Proyek Tangguh didapat 16% merokok, 78% memiliki BMI (Body Mass Index) diatas normal dan 49% memiliki kolesterol darah diatas normal. Lokasi kerja yang terpencil dan terisolasi, meningkatkan potensi perilaku tidak sehat sekaligus meningkatkan resiko dalam penanganan kasus penyakit jantung. Agar diketahui proporsi dan nilai tertinggi tahap kesiapan ( stage of change ), termasuk gambaran tahap belum mau merubah perilaku merokok dan intake makan berkolesterol karyawan shift di Proyek Tangguh dilakukanlah penelilian ini. Sebanyak 81 karyawan shift diminta mengisi kuesioner untuk mengetahui tahap kesiapan mereka merubah perilaku merokok dan intake makan berkolesterol.

Dari hasil kuesioner merokok didapat 42% responden perokok, dimana 20 berada di tahap precontemplation, 26% ditahap contemplation, 3% ditahap preparation, 3% ditahap action dan 35% ditahap maintenance. Dari hasil kuesioner intake makan berkolesterol diketahui 4% ditahap precontemplation, 43% ditahap contemplation, 6% ditahap preparation. 31% ditahap action dan 15% ditahap maintenance.

Hasil penelitian memperlihatkan, baik untuk perilaku merokok dan intake makan berkolesterol, sebagian besar karyawan belum mau merubah perilaku tidak sehatnya. Proporsi merokok tidak sesuai dengan proporsi Prochaska sedang proporsi intake makan berkolesterol relatif sesuai. Hasil tertinggi pada perilaku merokok ada di tahap maintenance, sedang hasil tertinggi pada perilaku intake maka berkolesterol di tahap contemplation. Sebagai kelanjutan penelitian ini disarankan untuk dilakukan program intervensi dengan menggunakan matrix stage of change dan process of chaneg.

<hr>The unhealthy behavior would increase the risk of various health problems. including coronary heart disease. The review of shift employee health examinations at Tanggult project shown that 16 % is smoker. 78% is overweight. 49% is hypercholesterol. The remoteness and isolated of the work location, tend to increase tlte unhealthy behavior then increasing the risk in managing heart diseases. This research is aimed to get the picture ofthe proportion and highest score of the stage of change, as well as a picture of the stage of where there is no intention to change smoking and cholesterol consumption behavior of shift employee at Tangguh project. To get a picture of readiness to change of shift employee?s smoking and cholesterol consumption behavior 81 shift employees have tiled the questionarre.

Result from smoking questionarre shown that. 42% is smoker divided by 20% is precontemplation. 26% is contemplation. 3% is preparation. 3% is action and 35% is maintenance. Result from cholesterol consuntion questionarre shown that 4% is precontemplation, 43% is contemplation, 6% is preparation, 31% is action

and 15% is maintenance.

Result of this research has shown that for both smoking behavior and cholesterol consumption behavior, most of the shift employees have not intended to change their unhealthy behavior. Proportion of the stages of smoking has not met with Prochaska conclusion while the cholesterol consumption showing it met. The highest stage of smoking is maintenance while the cholesterol consumption is contemplation. As a follow up. it is recommended to conduct health promotion intervention program using stage and process of change matrix.