

Prevalensi kemungkinan obstructive sleep apnea dan faktor-faktor yang berhubungan pada pengemudi taksi X di Jakarta = The prevalence of suspected obstructive sleep apnea and related factors on taxi drivers X in Jakarta

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Abstrak

Latar belakang: Profesi pengemudi taksi merupakan profesi yang unik, lingkungan kerja luas, jam kerja panjang, sistem penggajian yang fluktuatif, dan risiko kecelakaan di jalan raya. Pada PT X 60% kecelakaan dikarenakan mengantuk. Salah satu penyebab kondisi mengantuk adalah adanya kemungkinan obstructive sleep apnea (OSA). Beberapa faktor risiko kemungkinan OSA seperti kegemukan dan hipertensi dijumpai pada pengemudi PT X.

Metode: Penelitian ini menggunakan desain cross sectional pada pengemudi taksi X Mampang Jakarta Selatan, pada bulan November-Desember 2008. Pengumpulan dilakukan dengan pengisian Kuesioner Berlin, dan pemeriksaan fisik (tekanan darah, berat badan, tinggi badan, dan lingkar leher) pada 280 orang pengemudi.

Hasil: Jumlah responden sebanyak 280 orang, didapatkan 70 orang (25%) kemungkinan OSA.

Kemungkinan OSA pada pengemudi dipengaruhi oleh beberapa faktor yaitu: IMT 325 (adjusted OR 4.29, $p < 0.001$, 95% CI 2.04 - 9.05) riwayat keluarga mendengkur (adjusted OR 2.34, $p < 0.001$, 95% CI 1.45 - 3.78), lingkar leher 340 cm (adjusted OR 3.37, $p = 0.002$, 95% CI 1.58 - 7.19), umur 336 tahun (adjusted OR 2.47, $p = 0.027$, 95% CI 1.11 - 5.48) dan jadwal kerja tinggi (adjusted OR 3.07, $p = 0.016$, 95% CI 1.23 - 7.66).

Kesimpulan: Didapat prevalensi kemungkinan OSA pada pengemudi Taksi X sebesar 25%. Kemungkinan OSA pada pengemudi Taksi X dipengaruhi oleh faktor indeks massa tubuh 325, riwayat keluarga mendengkur, lingkar leher 340 cm, umur 336 tahun serta jadwal kerja tinggi.

.....Background: Taxi Driver is an unique profession because of the wide environment, the long hours working duration, the fluctuation wages, and the accidental risks. About 60% taxi's accidents in Company X were caused by sleepy conditions. Sleepy conditions may be caused by obstructive sleep apnea (OSA). Some factors that increase the prevalence of suspected OSA, like obesity and hypertension were founded among the taxi drivers in this company.

Method: This study was conducted with cross sectional design. The data was collected from November until December 2008 in Mampang, Jakarta Selatan. Data collection used Berlin's Questionnaire and Physical examinations (blood pressure, weight, height, neck circumference) to 280 drivers.

Result: This research showed that there are 25%, it's mean 70 respondents from 280 respondents have OSA prevalence. Prevalence of OSA among taxi's drivers is caused by several factors. The factors are Body Mass index (BMI) 325 (adjusted OR 4.29, $p < 0.001$, 95% CI 2.04 - 9.05), snoring historical in family (adjusted OR 2.34, $p < 0.001$, 95% CI 1.45 - 3.78), neck circumference 340 cm (adjusted OR 3.37, $p = 0.002$, 95% CI 1.58 - 7.19), age 336 years old (adjusted OR 2.47, $p = 0.027$, 95% CI 1.11 - 5.48) and high work schedule (adjusted OR 3.07, $p = 0.016$, 95% CI 1.23 - 7.66).

Conclusion: This research has founded that there are 25%, it's mean 70 respondents from 280 respondents have suspected OSA. Prevalence of suspected OSA among taxi's drivers is caused by BMI 325, snoring

historical in family, neck circumference 5 40 cm, age 3 36 years old and high work schedule.