

# Pengaruh asupan suplemen antioksidan terhadap kejadian sick building syndrome pada masyarakat pekeija perkantoran di DKI Jakarta tahun 2008-2009 = Antioxidant permeability effects against event of sick building syndrome onto oice worker community in DKI Jakarta years 2008 up to 2009

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## Abstrak

Kecenderungan pekerja perkantoran di DKI Jakarta untuk mengalami Sick Building Syndrome (SBS) merupakan masalah kesehatan yang harus mendapatkan perhatian karena dapat mengganggu produktiitas kerja. Sejumlah penelitian menyatakan lingkungan kerja yang serba modern punya pengaruh besar menyebarkan polutan penyebab gangguan kesehatan. Sirkulasi udara yang tidak lancar, adanya bakteri, virus, kuman dan berbagai bahan kimia yang berasal dari dalam ruangan menjadi sumber radikal bebas yang menyerang penghuni kantor. Salah satu upaya untuk pencegahan memerangi radikal bebas yang dapat menimbulkan gejala Sick Building .Syndrome dengan perberian asupan suplemen antioksidan. Tujuan penelitian ini untuk mengetahui pengaruh asupan suplemen antioksidan terhadap kejadian Sick Building .Syndrome pada masyarakat pekerja perkantoran di DK1 Jakarta Tahun 2008-2009.

Penelitian ini menggunakan rancangan penelitian studi komunitas (community trial) amu studi eksprirncntal pada populasi pekelja perkantoran dengan kriteria responden sebagai berikut berumur 23-55 tahun, telah bekerja lebih dari satu tahun, lama bekerja berada didalam gedung minimal lebih dari 5 jam perhari dengan lingkungan kerja gedung perkantoran modern bertingkat , ventilasi udara mengandalkan AC, berkarpet, dengan dilengkapi peralatan jizmiture dan mesin kantor. Jumlah sampel 350 terdiri 212 diberi antioksidan scbagai subyck dan 138 tidak diberl antioksidan sebagai kontrol yang tersebar di 16 perusahaan/institusi dengan total lokasi 18 gedung perkantoran yang tersebar di 4 (80%) wilayah provinsi DKI Jakarta, Data yang dikumpulkan adalah data primer yang diperoleh melalui wawancara dan pengukuran. Data diuji dengan uji chi square dan uji binary logistic regression.

Hasil penelitian diperoleh : Karakteristik demografi dan perilaku para pekerja perkantoran di DKI Jakarta tidak berbeda pada karyawan yang mengkonmsni suplemen anti-oksidan setiap hari selama 90 hari maupun yang tidak mengkonsumsinya. Pembelian Suplemen anti-oksidan dapat mempengaruhi kejadian Sick Building Synakome pada pekerja perkantoran di DK1 Jakarta dengan p value < 0,05 ( p = 0,037, RR=1,033) dengan kata lain kejadian SBS dapat dicegah dengan antioksidan.

Sehingga berdasarkan hasil penelitian ini dapat ditarik kesimpulan bahwa ada pengaruh asupan suplemen antioksidan terhadap kejadian Sick Building Syndrome pada pekerja perkantoran di DKI Jakarta.

Penambahan suplemen antioksidan dalam menu makanan sehari~hari pada pekerja perkantoran dapat menjadi bahan pertimbangan yang positif dalam menjaga kondisi fisik pekerja.

.....Such a tendency of an oEiiee worker in DKI Jakarta in experiencing Sick Building Syndrome (SBS) has become a health problem and that it must draw a great attention because it can disturb work productivity. A number of researches have proved that an ultra modern work environment has a very much eH'ect of spreading pollutant around as a health disturbance. Irregular or badly adjusted air circulation in which place bacteria, viruses, germs, and diferent kinds of chemicals coming from the room have caused it to be a radical

source which can directly attacks an office inhabitant or whoever in there. One of efforts designed to protect it from being troubled by the free radicals namely the appearance of Sick Building Syndrome by giving permeance of antioxidant supplement. This research purpose is aimed to know permeability effect of antioxidant supplement against event frequency of Sick Building Syndrome onto office worker community in DKI Jakarta years 2008 up to 2009.

This research applies "community study research design" (community trial) or experimental study onto office worker population by using this following respondent criteria such as 23-55 years, have already worked more than a year, working length of period in the building minimally more than five hours a day within a storied modern office building working environment, with ventilation regulated by installed air-conditioner, carpeted, furnished with furniture and office equipment. The number of sample 350 consisting of 212 with antioxidant treatment as a subject and 138 of them are not given any antioxidant as its control spreading all over 16 companies/institutions with total locations over 18 office spaced buildings scattering in an area of 4 (80%) province territory of DKI. The collected data is primary data obtained through interviewing and measuring. Data are examined by using chi square test and binary logistic regression test. Then, the obtained research : demography characteristic and behaviour of office worker as a whole in DKI Jakarta does not make any difference onto those staff consuming anti oxidant supplement everyday during 90 days or eventhough without consuming it. The supply of antioxidant supplement can affect its event of Sick Building Syndrome onto the office worker in DKI Jakarta with p value  $<0,05$  ( $p=0,037$ ,  $RR=1,033$ ) with other words that the event of SBS can be avoided by giving antioxidant.

Therefore, as based on this research result it can draw a conclusion that there is an effect of antioxidant supplement permeability against event frequency of Sick Building Syndrome onto office worker in DKI Jakarta. Any increase of antioxidant supplement in our regular daily menu of food for office worker can become a matter of positive consideration in keeping worker physical condition.