

Efektivitas penggunaan goggles tipe 484b terhadap kejadian konjungtivitis akibat kerja: (Studi pre dan post terpajan MEK dan sinar UV pada pekerja di bagian Cementing di pabrik sepatu, Tangerang) = : Effect of the use of goggle type 484B on the incidence of occupational conjunctivitis (Pre and post study on workers exposed to MEK and UV rays at cementing division of shoes factory in Tangerang)

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Abstrak

Latar belakang: Paparan MEK dan sinar Ultraviolet dibagian Cementing (pengeleman) dapat mengganggu kesehatan, khususnya kesehatan mata pekerja. Jumlah kasus Konjungtivitis di klinik perusahaan yang selalu masuk lima sepuluh penyakit terbanyak, sangat umum dan tidak diteliti lebih jauh, apakah kasus konjungtivitis yang terjadi di Perusahaan P sebagai akibat pekerjaan atau bukan sebagai akibat pekerjaan.

Metode: Menggunakan metode studi pre dan post, dimana dilakukan intervensi dengan menggunakan chemical goggles. Semua pekerja dibagian Cementing (pengeleman) sejumlah 44 orang yang terpajan uap MEK dan sinar Ultraviolet diikutsertakan dalam penelitian ini. Pengumpulan data dilakukan dengan wawancara, pengisian kuesioner dan informed oleh pekerja dan pemeriksaan fisik dan status kesehatan mata oleh dokter pemeriksa (bukan peneliti). Pada analisis data dinilai apakah goggles dapat menurunkan jumlah kasus Konjungtivitis Akibat Kerja.

Hasil: Jumlah kasus Konjungtivitis Akibat Kerja sebelum pemakaian goggles 59.1% dan pada saat pemakaian goggles 56.8%. Penggunaan goggles pada penelitian ini menjadi kurang efektif disebabkan ketidakdisiplinan responden (68.2%) melepaskan goggles pada waktu bekerja. Ketidakdisiplinan disebabkan karena tingkat pendidikan responden terbesar tamat SD-SMP sehingga kesadaran akan kesehatan kurang dan juga ketidaknyamanan (70.4%) sehingga responden sering melepaskan gogglesnya. Ketidaknyamanan didukung dengan suhu lingkungan yang tinggi. Secara statistik tidak ditemukan hubungan yang bermakna ( $p > 0.05$ ) antara faktor resiko untuk variabel umur, masa kerja, lama mata saat duduk, pendidikan dan kesehatan mata (tes Schirmer) dengan terjadinya Konjungtivitis akibat kerja. Dari analisis uji McNemar diperoleh hasil dimana tidak ada perbedaan jumlah kasus konjungtivitis sebelum dan setelah penggunaan chemical goggles pada pekerja yang terpajan uap Metil Etil Keton dan sinar Ultraviolet.

Kesimpulan: tidak terdapat perbedaan jumlah kasus konjungtivitis akibat kerja sebelum dan setelah penggunaan chemical goggles pada pekerja yang terpajan palarut organik Metil Etil Keton dan sinar Ultraviolet dikarenakan ketidakdisiplinan di lingkungan kerja yang panas.

<hr>Background: exposure to MEK and UV rays at cementing division may cause various health problem, especially to the eyes of workers. It is very interesting subject to be studied that the incidence of conjunctivitis in company clinic always be among the most top ten diseases. Have the conjunctivitis occurred because of their job or not?

Methods: study was conducted by pre and post design in which post study, respondents were interfered by using chemical goggle. Forty four workers who exposed to MEK and UV miss at cementing division plant 5 were included in tills study. Data was collected by interviewing, questionnaire, physical examination and eyes examination. Analyses of the data had done to assess whether the goggle could reduce the incident of occupational conjunctivitis.

Results: Not having worn the goggle, the incidence of conjunctivitis among respondents was 59.1 %. Having worn the goggle the incidence of conjunctivitis among respondents was 56.&%. One of the reason was that respondents had not been discipline to wear the goggle. It was happened because most of respondents had have low educational level (elementary and junior high school) that influence to their health awareness. Respondents were also often to release the goggles {70.4%} because the use of goggles had been not convenient. That inconvenient could be result in the temperature so it is necessary to improve working environment. There was no significant relationship ( $p > 0.05$ ) between risk factors for the variable of age, length of work, height level of the eyes when sitting, education level and health condition of the eyes (shimmer test) with occupational conjunctivitis. Using Me Nemar 1est obtained that there was no significant differences between pre and post the use of chemical goggle on workers who exposed to MEK and UV rays.

Conclusions: This study couldn't prove the hypothesis that there had been differences on incideoce of occupational conjunctivitis between pre and post the use of chemical goggle on workers who had exposed to MEK and UV rays.