

Perbedaan rerata kadar trigliserida pada pekerja laki-laki terpajan benzena rendah dengan dan tanpa patahan kromosom limfosit = The different of average levels of triglycerides in male workers exposed to low benzene with and without lymphocyte chromosome breakage

Saprita Aliance N, author

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Abstrak

[<b>ABSTRAK</b><br>

Pendahuluan : Di Indonesia, menurut Biro Pusat Statistik, persentase penggunaan benzena terhadap seluruh bahan kimia yang digunakan oleh sektor Industri diperkirakan sebesar 20-40%. Pada industri minyak dan gas, para pekerja terpajan benzena dalam waktu yang lama, sehingga ada kemungkinan menderita efek toksik benzena berupa gangguan metabolisme lemak, dalam hal ini trigliserida pada pekerja terpajan benzena rendah dengan dan tanpa patahan kromosom limfosit. Penelitian ini bertujuan untuk mengetahui perbedaan rerata kadar trigliserida pada pekerja terpajan benzena rendah dengan dan tanpa patahan kromosom limfosit dalam kurun waktu 1 tahun (2011-2012, serta pengaruhnya terhadap faktor sosiodemografi dan pekerjaan.

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Metode : Penelitian ini menggunakan disain kohort retrospektif. Tempat penelitian dilakukan di sebuah industri migas X. Jumlah sampel yang memenuhi kriteria inklusi dan eksklusi adalah 99 orang.

Pengumpulan data dilakukan dengan menggunakan data sekunder, yaitu data kepegawaian dari bagian SDM dan data pemeriksaan kesehatan berkala pekerja tahun 2011 dan 2012. Analisis bivariat dengan uji kemaknaan chi square.

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Hasil : Rata-rata perubahan kadar trigliserida dengan patahan kromosom limfosit tahun 2011-2012 yaitu 2,52 sedangkan rata-rata perubahan kadar trigliserida tanpa patahan kromosom limfosit tahun 2011-2012 yaitu 7,08.

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Kesimpulan dan Saran : Hipotesis diterima karena : rerata perubahan perbedaan kadar trigliserida dengan patahan kromosom limfosit lebih rendah dibandingkan rerata perubahan perbedaan kadar trigliserida tanpa patahan kromosom limfosit pada tahun 2011 dan 2012. Pada pekerja dengan patahan kromosom limfosit dengan kadar rata-rata trigliserida tinggi atau normal perusahaan melakukan pemeriksaan kadar trigliserida minimal 6 bulan sekali.;

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<b>ABSTRACT</b><br>

Introduction: In Indonesia, pursuant to Central Statistics Bureau, percentage of benzene utilization upon all chemical material used by Industrial sector was estimated at 20-40%. In oil and gas industry, workers exposed to benzene for a long time, thereby there is a possibility to suffer benzene toxic effect in form of fat metabolism disorder, in this regard triglycerides in workers exposed to low benzene with and without lymphocyte chromosome breakage. The purpose of this research is to understand the different of average levels of triglycerides in workers exposed to low benzene with and without lymphocyte chromosome

breakage in period of 1 year (2011-2012), and its affect to socio demographic and work.

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Method: This research is using retrospective cohort design. Place of research is in oil and gas industry of X. The amount of sample that comply with inclusion and exclusion criteria is 99 peoples. Data collection was conducted by using secondary data, that is employment data form the Human Resources division and workers' periodic health examination in year of 2011 and 2012. Bivariate analysis with chi square significant test.

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Results: Average level change of triglyceride with lymphocyte chromosome breakage in year of 2011-2012 is 2.52 while average level change of triglyceride without lymphocyte chromosome breakage in year of 2011-2012 is 7.08.

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Conclusion and Recommendation: Hypothesis is accepted due to: different average change of triglyceride levels with lymphocyte chromosome breakage is lower than the average change of triglyceride levels without lymphocyte chromosome breakage in year of 2011 and 2012. For workers with lymphocyte chromosome breakage with high average levels of triglyceride or normal, a company performs examination of triglyceride levels at least every 6 months.;Introduction: In Indonesia, pursuant to Central Statistics Bureau, percentage of benzene utilization upon all chemical material used by Industrial sector was estimated at 20-40%. In oil and gas industry, workers exposed to benzene for a long time, thereby there is a possibility to suffer benzene toxic effect in form of fat metabolism disorder, in this regard triglycerides in workers exposed to low benzene with and without lymphocyte chromosome breakage. The purpose of this research is to understand the different of average levels of triglycerides in workers exposed to low benzene with and without lymphocyte chromosome breakage in period of 1 year (2011-2012), and its affect to socio demographic and work.

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