

Analisis faktor-faktor yang berhubungan dengan obesitas pada pekerja masinis PT. Kereta Api (KAI) Daop 02 Bandung Jawa Barat 2015 =  
Analysis factor that influencing with obesity in train driver worker Daop 02 Bandung / Juli Dwi Prasetyono

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Abstrak

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Penyakit tidak menular (PTM) atau Non Communicable diseases (NCD) merupakan penyebab utama kematian secara global, salah satu faktor penyebabnya adalah obesitas. Penelitian ini bertujuan untuk mengetahui faktor dominan yang berpengaruh terhadap terjadinya obesitas pada pekerja masinis kereta api DAOP 02 Bandung Jawa Barat. Desain penelitian menggunakan desain cross sectional. Simple random sampling digunakan untuk pengambilan data pada 121 sampel pekerja masinis. Hasil penelitian menunjukkan bahwa gaya hidup tidak sehat merupakan faktor paling dominan terhadap kejadian obesitas ( $p=0,029$ ;  $OR=2,344$ ). Temuan penelitian ini sebagai dasar bagi perawat kesehatan kerja untuk memberikan masukan bagi perusahaan dalam menyusun kebijakan pengaturan gizi seimbang dan peningkatan program olah raga/ aktifitas fisik bagi pekerja masinis.

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<b>ABSTRACT</b><br>

Non Communicable diseases (NCDs) are the leading cause of death globally, one of them causes by obesity. This study aims to determine the dominant factors that influence the occurrence of obesity in workers train driver DAOP 02 Bandung, West Java. Design of this study using cross sectional design. Sampling with simple random sampling with a sample of 121 workers train driver. Study result showed that unhealthy lifestyle is the most dominant factor against obesity ( $p = 0.029$ ;  $OR = 2.344$ ). The findings of this study used as basic occupational health nursing to give advice company for create health nutrition policy and increasing exercise or physical activity program train driver, Non Communicable diseases (NCDs) are the leading cause of death globally, one of them causes by obesity. This study aims to determine the dominant factors that influence the occurrence of obesity in workers train driver DAOP 02 Bandung, West Java. Design of this study using cross sectional design. Sampling with simple random sampling with a sample of 121 workers train driver. Study result showed that unhealthy lifestyle is the most dominant factor against obesity ( $p = 0.029$ ;  $OR = 2.344$ ). The findings of this study used as basic occupational health nursing to give advice company for create health nutrition policy and increasing exercise or physical activity program train driver]