

Pengaruh obesitas pekerja terhadap produktifitas kerja dari penilaian ketidakhadiran kerja : Laporan kasus berbasis bukti = Impact obesity workers against productivity work absence from work rate : Evidence-based case report

Radite Nusasenjaya, author

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Abstrak

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Latar belakang : Pekerja yang obesitas banyak ditemukan di tempat kerja di salah satu perusahaan, yang berisiko terjadinya penurunan produktifitas karena sering tidak masuk kerja karena sakit, walaupun belum dapat dibuktikan efektifitasnya.

Tujuan : Memperoleh bukti apakah pekerja yang obesitas lebih kurang produktif karena lebih banyak tidak masuk bekerja.

Metode : Pencarian artikel dengan mempergunakan PubMed dan Google scholar serta kriteria inklusi dan eksklusi yang telah ditentukan sebelumnya. Artikel yang dicatumkan kemudian dilakukan telaah dengan mempergunakan kriteria penilaian validitas, besarnya manfaat dan kemampu-terapan.

Hasil : Hasil pencarian didapatkan sebanyak 99 artikel dari PubMed dan 319 dari Google scholar. Hanya 2 artikel?systematic review? dan 2 artikel?cohort? yang memenuhi kriteria inklusi dan eksklusi. Artikel ini selanjutnya dilakukan telaah artikel berdasarkan tinjauan sistematis dengan hasil baik dan dapat dipercaya.

Kesimpulan : Sudah ditemukannya bukti yang cukup tentang pekerja yang obesitas lebih kurang produktif dikarenakan sering tidak masuk bekerja.

ABSTRACT
Background : Obese workers are found at work in one of the companies, the risk of a decline in productivity because it often does not work due to illness, although its effectiveness has not been proven.

Objective : To get evidence on obese workers are more or less productive because more absent from work.

Methods : Searching articles using PubMed and Google scholar using predetermined inclusion and exclusion criteria. Articles were then systematically reviewed using assessment criteria of validity, for positive result.

Results : 99 articles from PubMed and 319 articles from Google scholar were found. Only 2 articles ?systematic review? and 2 articles ?cohort? was in accordance with the inclusion and exclusion criteria. The article was then systematically reviewed and the result was valid.

Conclusion : Already finding sufficient evidence of the obesity workers are less productive because more frequently absent from work.

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