Hubungan antara kerja gilir dengan obesitas serta faktor-faktor yang mempengaruhinya pada perawat di rumah sakit = Shift work relationship with obesity and the factors that influence it among hospital nurses

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Abstrak

ABSTRAK
 Prevalensi obesitas meningkat di seluruh dunia termasuk Indonesia. Obesitas merupakan faktor risiko dari berbagai penyakit yang dapat menyebabkan turunnya performa dan produktifitas pekerja. Salah satu faktor yang dihubungkan sebagai faktor risiko obesitas adalah kerja gilir. Kerja gilir lazim digunakan oleh pekerja dibidang pelayanan kesehatan seperti perawat. Penelitian ini bertujuan untuk menilai pengaruh kerja gilir terhadap risiko berat badan berlebih dan obesitas serta faktor-faktor lain yang mempengaruhinya pada perawat di rumah sakit.

Metode: Penelitian ini menggunakan desain comparative cross sectional membandingkan IMT 43 perawat kerja gilir dengan 43 perawat bukan kerja gilir. Dilakukan penilaian terhadap faktor-faktor risiko yang dinilai dapat meningkatkan risiko berat badan berlebih dan obesitas antara lain jenis kelamin, usia, status perkawinan, riwayat obesitas dalam keluarga, kebiasaan olahraga, riwayat merokok, jumlah jam tidur dan asupan kalori.

Hasil: Prevalensi berat badan berlebih dan obesitas pada perawat kerja gilir di rumah sakit adalah 69.8% dan prevelensi berat badan berlebih dan obesitas pada perawat bukan kerja gilir di rumah sakit adalah 48.4%, ditemukan hubungan bermakna antara kerja gilir dengan berat badan berlebih-obesitas dengan OR = 2.418 (1.000 ? 5.851). Faktor risiko yang meningkatkan risiko berat badan berlebih dan obesitas adalah kerja gilir, jumlah jam tidur kurang dari 7 jam dan asupan kalor berlebih.

Kesimpulan: Dari semua faktor, asupan kalori berlebih merupakan faktor risiko dominan dengan OR = 4.473 (1.781-11.235).ABSTRACT
 The prevalence of obesity is increasing worldwide, including in Indonesia. Obesity is a risk factor for many diseases that can cause a decline in the performance and productivity of workers. One factor that is associated with obesity is shift work. Shift work is commonly needed for health care workers, including nurses. This study aimed to assess the association of shift work with overweight and obese as well as other related factors among hospital nurses.

Method: This study used a comparative cross-sectional design comparing the Body Mass Index (BMI) of 43 nurses working shifts with 43 nurses who only work regular hours. An assessment was conducted of the risk factors that are considered increasing the risk of being overweight and obese among others gender, age, marital status, family history of obesity, exercise habits, smoking history, number of hours of sleep and calorie intake.

Results: The prevalence of being overweight and obese in hospital nurses on shift work was 69.8% and in nurses not on shift work at the hospital was 48.4%. A significant relationship between shift work with overweight-obesity with OR = 2.418 (1.000-5.851) was found. Risk factors that increase the risk of overweight and obesity were shift work, number of hours of sleep less than 7 hours and intake of excessive calories.

Conclusion: Of all the factors, excessive caloric intake is the dominant risk factor with OR = 4.473 (1.781-11.235).;Background: The prevalence of obesity is increasing worldwide, including in Indonesia. Obesity is a risk factor for many diseases that can cause a decline in the performance and productivity of workers. One factor that is associated with obesity is shift work. Shift work is commonly needed for health care workers, including nurses. This study aimed to assess the association of shift work with overweight and obese as well as other related factors among hospital nurses.

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