

# Hubungan kadar glukosa darah puasa tinggi dan diabetes mellitus dengan stres kerja dan faktor risiko lainnya pada pekerja offshore di PT. X = Relation of high fasting blood glucose level and dm with job stress and other risk factors in offshore workers on PT. X

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## Abstrak

Latar Belakang: Bekerja di lingkungan offshore berpotensi menimbulkan stres kerja. Menurut penelitian sebelumnya stres kerja dapat meningkatkan kadar glukosa darah, Penelitian ini bertujuan mengidentifikasi adanya hubungan antara kadar glukosa darah puasa tinggi dan DM dengan stres kerja serta faktor risiko lainnya pada pekerja offshore.

Metode: Penelitian ini menggunakan desain cross sectional dengan 156 orang responden. Variabel yang diteliti adalah usia, indeks massa tubuh, lingkar perut, dislipidemia, tekanan darah, jabatan pekerjaan, masa kerja, dan stres kerja. Data diperoleh dari penilaian tingkat stress melalui Survei Diagnostik stress dan hasil medical check up tahun 2017. Analisis data menggunakan univariat, bivariat, dan multivariat dengan regresi logistik.

Hasil: Prevalensi glukosa darah puasa tinggi dan diabetes mellitus sebesar 12,2 . Berdasarkan uji Fisher terdapat hubungan yang bermakna antara usia, dislipidemia, jabatan pekerjaan dan masa kerja dengan kadar glukosa darah puasa tinggi dan Diabetes Mellitus , namun pada analisis multivariat hanya faktor jabatan pekerjaan supervisor merupakan yang paling dominan mempengaruhi dgn OR=7,051 95 CI 1,963-25,325. Tidak ditemukan adanya hubungan antara hasil SDS dengan kadar glukosa darah tinggi dan DM.

Kesimpulan dan saran: Faktor risiko paling dominan terhadap glukosa darah puasa tinggi dan diabetes mellitus adalah faktor jabatan pekerjaan oleh karena itu perlu dilakukan hal-hal sebagai berikut, yaitu skrining hasil MCU untuk pekerja khususnya jabatan supervisor, melakukan pemeriksaan berkala kadar glukosa darah, memperbanyak aktivitas fisik ketika bekerja dilapangan serta program peningkatan kesadaran kesehatan, terutama mengenai pencegahan penyakit Diabetes Mellitus.

.....Background: Working in offshore environments where workers are placed in remote locations will potentially cause work stress. According to previous researches, work stress can increase blood glucose levels. This study aims to prove Relation of High Fasting Blood Glucose level and DM with Job Stress and Other Risk Factors In Offshore Workers.

Method: This study used cross sectional design with total 156 respondents. The studied variables were age, body mass index, abdominal circumference, dyslipidemia, and blood pressure as well as job risk, job position, working period, and work stress. The tools used to evaluate the stress level were Stress Diagnostic Survey and results of periodic Medical Check up in 2017. The analysis of research data used univariate, bivariate and multivariate analysis with logistic regression.

Study Results: The prevalence of high fasting blood glucose and Diabetes Mellitus is 12,2 . Using Fisher statistic test, an association was found between age, dyslipidemia, job position, working period and high fasting blood glucose or diabetes mellitus. But multivariate analyses showed that only job title supervisor is the most dominant influential factor Oradj 7,051 95 CI 1,963 25,325. There was no correlation between SDS results with high fasting blood glucose level and DM.

Conclusion and Suggestion: The employee's job function is the most dominant factor in high fasting blood glucose Diabetes Mellitus, therefore it is important to conduct several activities such as screening on MCU record, particularly on Supervisors conducting routing blood glucose check increasing physical activities at work and carrying out the health awareness program, especially awareness on DM prevention.