Perbandingan Fungsi Ginjal Pekerja Operator Pesawat Angkut di Terminal Peti Kemas Pasca Program Hidrasi Tahun 2020 = Comparison of Kidney Functions of Transport Aircraft Operators at Container Terminal After the Hydration Program in 2020

Sena Rian Rizardi, author

Abstrak

Pekerja operator pesawat angkut merupakan pekerjaan yang sangat berisiko terjadi dehidrasi dan penurunan fungsi ginjal karena sebagian besar pekerja di PT X pada waktu istirahat lebih memilih untuk bertahan di dalam kabin pesawat angkut daripada beristirahat di base camp serta banyak pekerja yang tidak membawa minum saat bekerja. Penyakit ginjal kronis memberikan efek terhadap biaya kesehatan yang sangat besar dan penurunan tingkat produktivitas. Oleh karena itu, diadakan program hidrasi di PT X. Program hidrasi dilakukan dengan cara pekerja dianjurkan mengkonsumsi air 2,5 L saat bekerja. Program hidrasi dilaksanakan selama 1 tahun. Metode: Penelitian dilakukan dengan desain kohort retrospektif. Untuk membandingkan perubahan nilai GFR menggunakan uji perbandingan rerata (untuk data numerik) serta Uji McNemar (untuk data kategorik). Untuk menilai faktor yang berhubungan terhadap perubahan GFR digunakan analisis regresi logistik. Hasil: Fungsi ginjal pada operator pesawat angkut setelah program hidrasi antara 2019 dan 2021 mengalami perbaikan (mc nemar p< 0,001).
Analisis bivariat menunjukkan bahwa factor individu yang berpengaruh terhadap perubahan fungsi ginjal adalah obesitas. Kesimpulan: Terdapat peningkatan fungsi ginjal pada operator pesawat angkut setelah kebijakan program hidrasi antara 2019 dan 2021.
Program hidrasi dengan 2,5 L air selama 1 tahun dapat memperbaiki status dehidrasi pada pekerja dan berbeda bermakna pada pekerja non obes.
.....Crane operator workers are very risky for dehydration and decreased kidney function. Most of the workers in PT X during their break prefer to stay in the cabin of the transport plane rather than rest at the base camp, and many workers do not bring a drink to work. Chronic kidney disease affects enormous health costs and reduced productivity levels. Therefore, a hydration program was held at PT X. The hydration program is carried out so that workers are advised to consume 2.5 L of water while working. The hydration program is implemented for one year. Methods: The study was conducted with a retrospective cohort design. We compared changes in the value of GFR before and after the hydration program using the mean comparison test (for numerical data) and McNemar's test (for categorical data). A logistic regression test was performed to assess the factors associated with changes in GFR. Results: Kidney function in crane operator workers after the hydration program policy between 2019 and 2021 were improved (McNemar p <0.001). Bivariate analysis shows that the individual factors affecting kidney function changes were obesity. Conclusion: There was improved kidney function in crane operator workers after the hydration program policy between 2019 and 2021. A hydration program with 2.5 L of water for one year can enhance the status of dehydration in workers and significantly different in non-obese workers.