

# Kerja gilir dan insomnia serta faktor yang mempengaruhi pada pekerja industri semen PT I

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## Abstrak

### Latar Belakang

Kerja gilir menimbulkan gangguan kesehatan seperti gangguan tidur, sindrom dispepsia, gangguan kardiovaskuler, dan lain-lain. Insomnia timbul akibat gangguan irama sirkadian. PT. I. merupakan industri semen, sebagian pekerja bekerja secara bergilir, oleh karena itu perlu diketahui berapa prevalensi insomnia dan faktor yang mempengaruhinya.

### Metode

Disain studi cross sectional dengan analisa kasus kontrol. Sampel penelitian meliputi seluruh plant/divisi. Diagnosis insomnia ditegakkan dengan Insomnia Rating Score (IRS) yang disusun oleh kelompok Studi Psikiatri Biologi Jakarta (KSPBJ). Diukur juga derajat stres kerja dengan Survei Diagnostik Stres dan analisis psikopatologi dengan SCL-90. Penelitian dilaksanakan pada bulan Agustus - September 2004 terhadap 260 responden yang berasal dari 130 pekerja gilir dan 130 pekerja non gilir.

### Hasil

Prevalensi insomnia adalah 48,1% dimana prevalensi pada pekerja gilir hampir dua kali lebih tinggi dibandingkan pekerja non gilir. Faktor risiko yang berhubungan dengan insomnia adalah kerja gilir OR 2,6 (1,6 - 4,3), psikopatologi OR 3,4 (2,0 --5,8), hipertensi OR 2,2 (1,2 - 4,0), kebiasaan minum kopi OR 1,9 (1,0 - 3,4), dan lokasi rumah dekat sumber bising OR 1,8 (1,0 - 3,1). umur, lama kerja, kebiasaan minum alkohol dan olahraga malam hari tidak berhubungan dengan insomnia.

### Simpulan dan saran

Kerja gilir merupakan faktor risiko terjadinya insomnia dengan OR 2,6. Faktor lain yang merupakan faktor risiko terutama adalah psikopatologi OR 3,4, hipertensi OR 2,2 kebiasaan minum kopi OR 1,9 (1,0 - 3,4), dan lokasi rumah dekat sumber bising OR 1,8 (1,0 - 3,1). Pemeriksaan insomnia dan gangguan mental emosional agar dilakukan secara berkala. Pekerja gilir dihimbau untuk mengurangi minum kopi.

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### <i>Shift Work and Insomnia with Risk Factor in cement industry of PT I' s worker Background

The shift work causes many health's problem such as sleep disturbance, dyspepsia syndrome, etc. Sleep disturbance or insomnia is caused by circadian rhythm's problem. PT. I is the cement industrial. a part of employee do as shift worker. Therefore, it is needed to know the insomnia's prevalence and to identify the risk factors

### Method

A cross sectional study using case control analyze were conducted to 260 workers who were the sample

taken from all plant and division. Similar number (130) were selected from each of the two groups of worker (shift and non-shift). The diagnosis of insomnia used the Insomnia Rating Scale (IRS) that was arranged by Kelompok Stud/ Psikiatri Jakarta (KSPBJ). Beside that, we measured the stress at work by the Survey Diagnostic Stress and Psychopathology by SCL-90.

## Result

The subjects were 260 workers that kinds of 130 shift workers and 130 non-shift workers. A number of 48,1% have suffered insomnia. The risk factor that affected the insomnia were shift work OR 2,6 (1,6 -- 4,3), psychopathology OR 3,4 (2,0 - 5,8), hypertension OR 2,2 (1,2 -- 4,0), coffee OR 1,9 (1,0 - 3,4), and living near the noise area OR 1,8 (1,0 - 3,1). The other factors such as age, duration of work, alcohol habit, and physical exercise were not proven to have correlate on insomnia.

## Conclusions

The shift work was the risk factor of insomnia. The other risk factors that influence insomnia was psychopathology, hypertension, drinking coffee, and living near the noise area, We recommend the insomnia examination and psychopathology are carry out together with periodical medical check up. The shift workers are requested to decrease of drinking coffee.</i>