

## Hubungan antara pajanan white spirit dengan risiko terjadinya gangguan memori jangka pendek = The relationship between white spirit exposure with a risk of short-term memory loss

Bayu Suryo Aji, author

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### Abstrak

Latar Belakang: Pengaruh sering kontak dengan white spirit di lingkungan kerja menjadi salah satu hal yang dicurigai sebagai pencetus penurunan atensi/konsentrasi/ingatan para mekanik sehingga terjadinya kecelakaan. Dari toxicological profilnya zat tersebut memiliki efek terhadap susunan saraf pusat yang kronis salah satunya adalah gangguan memori jangka pendek.

Metode: Penelitian ini menggunakan desain potong lintang. Subjek penelitian para mekanik kontraktor pertambangan batubara PT.A di Kalimantan Selatan, berjumlah 80 orang. Pengumpulan data dilakukan melalui wawancara, pemeriksaan fisik, pemberian kuesioner serta pemeriksaan fungsi memori dengan RAVL dan ROCF test.

Hasil: Dari 80 sampel 57 (71,3%) mengalami gangguan memori jangka pendek. Tingkat pajanan 2,64 memiliki risiko 3,1 kali terjadi gangguan memori jangka pendek dibanding tingkat pajanan <2,64 (nilai  $p=0,048$ ; OR=3,109; CI=1,012-9,551). Secara statistik faktor risiko yang bermakna adalah status gizi (nilai  $p=0,026$ ; OR=0,276; CI=0,089-0,858) dan usia (nilai  $p=0,045$ ; OR=0,310; CI=0,099-0,972)

Kesimpulan: Prevalensi gangguan memori jangka pendek para mekanik kontaktor PT.A sebesar 71,3%. Tingkat pajanan 2,64 memiliki risiko gangguan memori jangka pendek 3,1 kali lebih besar dari tingkat pajanan <2,64. Secara statistik status gizi dan usia bermakna dalam risiko gangguan memori jangka pendek. Kata kunci: gangguan memori jangka pendek, white spirit, tingkat pajanan.

.....Background: The effect of white spirit chemicals suspected as the cause of attention/concentration/memories decreases of mechanics. It can occurs the accidents. Having known of the toxicological profile that these chemicals have chronical effects on the central nervous system. Then one of the disorders examined is something related to the function of the central nervous system is impaired of short-term memory. Methods: This study used a cross-sectional design. The subjects are PT.A coal contractor mechanics in South Borneo, totaling 80 people. Data collected through interviews, physical examinations, questionnaires and examination administration with memory function RAVL and ROCF test. Results: There are 80 samples of 57 (71.3%) experiencing short-term memory impairment. The white spirit exposure level 2,64 has risk 3,1 times bigger than white spirit exposure level <2,64 become a short term memory loss ( $p\ value=0,048$ ; OR=3,109; CI=1,012-9,551). Statistically the factors that has a significant association are nutritional status ( $p\ value=0,026$ ; OR=0,276; CI=0,089-0,858) and age ( $p\ value=0,045$ ; OR=0,310; CI=0,099-0,972) Conclusion: 57 (71.3%) from 80 people experiencing short-term memory impairment. White spirit exposure level 2,64 has risk 3,1 times bigger than white exposure level <2,64 become a short term memory loss There are statistics relations between age dan nutritional status with short term memory loss.