

Hubungan Parameter Fisik Udara dan Karakteristik Individu dengan Kejadian Sick Building Syndrome di Kantor Pusat Industri Farmasi PT X Tahun 2024 = The Relationship between Physical Air Parameters and Characteristics Individual with Sick Building Syndrome at Industry Pharmacy Head Office PT X office 2024

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Abstrak

Sick Building Syndrome (SBS) adalah situasi di mana penghuni sebuah gedung mengalami efek kesehatan dan kenyamanan akut yang terkait dengan waktu yang dihabiskan di dalam gedung. Kejadian sick building syndrome disebabkan oleh keempat faktor utama, antara lain faktor fisik, faktor kimia, faktor biologi, dan faktor psikososial. Penelitian ini dilakukan untuk mengetahui hubungan faktor fisik meliputi suhu, kelembaban, pencahayaan serta karakteristik individu meliputi kondisi psikososial, jenis kelamin, usia, aktivitas merokok, riwayat alergi, dan waktu radiasi monitor dengan kejadian sick building syndrome di PT X tahun 2024. Desain studi yang digunakan adalah cross sectional dengan pengambilan data menggunakan total sampling. Pengambilan data dilakukan melalui penyebaran angket online dan pengukuran parameter fisik. Hasil penelitian univariat menunjukkan 27 (29%) orang mengalami kejadian SBS dengan gejala SBS yang paling banyak dirasakan adalah gejala umum berupa pusing, kelelahan, dan sakit kepala sebanyak 11 (11,8%) orang. Hasil uji bivariat menunjukkan terdapat hubungan yang signifikan antara kondisi psikososial dengan kejadian SBS di PT X. Adapun dihasilkan hubungan yang tidak signifikan antara suhu (p 0,660, $OR=1,739$); kelembaban relatif (p 0,103, $OR=3,486$); pencahayaan (p 0,503, $OR=2,232$); jenis kelamin (p 0,560, $OR=1,455$); usia (p 0,505, $OR=0,638$); waktu radiasi monitor (p 1, $OR=1,263$); riwayat alergi (p 0,248, $OR=2$); aktivitas merokok (p 1, $OR=1,094$) dengan kejadian SBS. Hasil analisis multivariat menunjukkan variabel yang paling dominan berpengaruh terhadap SBS adalah kondisi psikososial.

.....Sick Building Syndrome (SBS) is a situation in which occupants of a building experience acute health and comfort effects related to time spent in the building. The occurrence of sick building syndrome is caused by four main factors, including physical factors, chemical factors, biological factors, and psychosocial factors. This study was conducted to determine the relationship between physical factors including temperature, humidity, lighting and individual characteristics including psychosocial conditions, gender, age, smoking activity, history of allergies, and monitor radiation time with the occurrence of sick building syndrome in PT X in 2024. The study design used was a research design with a quantitative approach with used total sampling. Data collection was carried out through the distribution of online questionnaires and measurement of physical parameters. The results of the univariate study showed that 27 (29%) people experienced SBS with the most common SBS symptoms being general symptoms such as dizziness, fatigue, and headaches as many as 11 (11.8%) people. The results of the bivariate test showed a significant relationship between psychosocial conditions and the incidence of SBS at PT X. While the insignificant relationship between temperature was produced (p 0.660, $OR = 1.739$); relative humidity (p 0.103, $OR = 3.486$); lighting (p 0.503, $OR = 2.232$); gender (p 0.560, $OR = 1.455$); age (p 0.505, $OR = 0.638$); monitor radiation time (p 1, $OR = 1.263$); Allergy history (p 0.248, $OR = 2$); smoking activity (p 1, $OR = 1.094$) with the incidence of SBS. The results of the multivariate analysis showed that the most dominant variables

influencing SBS were psychosocial conditions.