

Abstrak

HUBUNGAN PENGGUNAAN MASKER DENGAN GEJALA GANGGUAN SALURAN PERNAPASAN PADA PEKERJA PABRIK PEMBUATAN MARMER DI CAMPURDARAT KABUPATEN TULUNGAGUNG

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Latar belakang: Perusahaan industri cenderung menghasilkan polusi seperti partikel debu. Debu ini akan mencemari udara dan lingkungan sekitar perusahaan sehingga pekerja industri dapat terpapar debu karena bahan baku ataupun produk akhir. Perlindungan tenaga kerja dari penyakit yang timbul akibat pekerjaan dilakukan melalui beberapa upaya berupa pengamanan tempat, peralatan, dan lingkungan kerja perlu diutamakan, sehingga pihak manajemen dapat mengambil kebijakan untuk melindungi pekerja dengan cara mengurangi sumber bahaya ataupun menggunakan Alat Pelindung Diri. Dari hasil observasi ditemukan bahwa sebagian besar pekerja tidak menggunakan APD masker saat bekerja sebanyak 70% dari 34 pekerja. Dari hasil wawancara terhadap 7 orang pekerja terdapat 5 pekerja yang mengalami keluhan subjektif gangguan saluran pernafasan antara lain: 3 pekerja mengalami keluhan batuk, dan 2 pekerja mengalami keluhan sesak nafas. **Tujuan:** Untuk mengetahui hubungan penggunaan masker dengan gejala gangguan saluran pernafasan pada pekerja di pabrik pembuatan marbel di Campurdarat Kabupaten Tulungagung. **Metode:** penelitian ini menggunakan desain kuantitatif analitik observasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan random sampling sebanyak 31 responden. Data diambil menggunakan kuisioner dan dianalisa menggunakan uji *Chi-square*. **Hasil:** Hasil penelitian ini yaitu pekerja yang menggunakan masker saat bekerja sebanyak 14 responden (45,2%), sedangkan pekerja yang tidak menggunakan masker saat bekerja sebanyak 17 responden (54,8%). Sedangkan hasil pekerja yang mengalami gejala gangguan saluran pernafasan sebanyak 11 responden (35,5%), sedangkan pekerja yang tidak mengalami gejala gangguan saluran pernafasan sebanyak 20 responden (64,5%). Hasil uji statistik dengan uji Chi-Square menunjukkan hasil p value sebesar 0,003 dan lebih kecil dari nilai $\alpha = 0,05$ dengan nilai 95% CI 1,195-56,742 dengan rentan kepercayaan sebesar 1,195-56,742. **Kesimpulan:** Ada hubungan penggunaan APD Masker dengan gejala gangguan saluran pernafasan pada pekerja pabrik pembuatan marmer di Campurdarat Kabupaten Tulungagung.

Kata Kunci: Alat pelindung diri, Masker, Gejala gangguan saluran pernafasan.

Abstract

THE RELATIONSHIP OF MASK USE WITH SYMPTOMS OF RESPIRATORY TRACT DISORDERS IN WORKERS AT MARBLE- MAKING FACTORY CAMPURDARAT, TULUNGAGUNG DISTRICT

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Background: Industrial companies tend to produce pollution such as dust particles. This dust will pollute the air and environment around the company so that industrial workers can be exposed to dust from raw materials or final products. Protection of workers from diseases arising from work is carried out through several efforts in the form of securing the place, equipment and work environment which needs to be prioritized, so that management can adopt policies to protect workers by reducing sources of danger or using personal protective equipment. From the results of observations, it was found that the majority of workers did not use PPE masks when working, 70% of the 34 workers. From the results of interviews with 7 workers, there were 5 workers who experienced subjective complaints of respiratory tract problems, including: 3 workers experienced complaints of coughing, and 2 workers experienced complaints of shortness of breath. **Objective:** To determine the relationship between using masks and symptoms of respiratory tract disorders in workers at marble-making factory at Campurdarat, Tulungagung District. **Method:** This research uses a quantitative analytical observational design with a cross-sectional approach. The sampling technique used random sampling with 31 respondents. Data was taken using a questionnaire and analyzed using the Chi-square test. **Results:** The results of this study were that 14 respondents (45.2%) wore masks while working, while 17 respondents (54.8%) did not wear masks while working. Meanwhile, the results of workers who experienced symptoms of respiratory tract disorders were 11 respondents (35.5%), while workers who did not experience symptoms of respiratory tract disorders were 20 respondents (64.5%). The results of statistical tests using the Chi-Square test show a p value of 0.003 and smaller than the value of $\alpha = 0.05$ with 95% CI value of 1.195-56.742 with a confidence gap of 1.195-56.742. **Conclusion:** There is a relationship between the use of PPE masks and symptoms of respiratory problems in marble-making factory workers at Campurdarat, Tulungagung District.

Keywords: Personal protective equipment, Mask, Symptoms of respiratory tract disorders.