

## ABSTRAK

### HUBUNGAN INTENSITAS KEBISINGAN LAMA PAJANAN DAN RIWAYAT MEROKOK TERHADAP KELUHAN PENDENGARAN TINNITUS PADA PEKERJA INDUSTRI MEBEL KAYU DI DESA BLABAK KECAMATAN PESANTREN KOTA KEDIRI

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Tinnitus merupakan keluhan pendengaran berupa sensasi suara berdenging yang dapat terjadi akibat paparan kebisingan yang berlebihan, lama pajanan yang tinggi, serta kebiasaan merokok.. Paparan yang melebihi batas tersebut dapat menimbulkan gangguan pendengaran permanen. Penelitian ini bertujuan untuk menganalisis hubungan intensitas kebisingan, lama pajanan, dan riwayat merokok terhadap keluhan pendengaran tinnitus pada pekerja industri mebel kayu. Penelitian ini menggunakan desain cross-sectional yang dilakukan pada 31 pekerja di tiga industri mebel kayu di Desa Blabak, Kecamatan Pesantren, Kota Kediri. Pengumpulan data dilakukan dengan kuesioner dan pengukuran langsung menggunakan sound level meter. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. Sebanyak 67,7% pekerja terpapar kebisingan di atas 85 dB(A), 74,2% bekerja lebih dari 8 jam per hari, dan 64,5% adalah perokok sedang. Tingkat tinnitus yang dilaporkan terbanyak adalah ringan dan sedang (masing-masing 35,5%). Hasil uji Chi-Square menunjukkan adanya hubungan yang signifikan antara intensitas kebisingan ( $p = 0,001$ ), lama pajanan ( $p = 0,004$ ), dan riwayat merokok ( $p = 0,008$ ) dengan keluhan tinnitus. Terdapat hubungan yang bermakna antara intensitas kebisingan, lama pajanan kerja, dan riwayat merokok terhadap keluhan tinnitus pada pekerja industri mebel kayu. Intervensi preventif seperti penyediaan alat pelindung telinga dan edukasi tentang bahaya kebisingan, lama pajanan serta kebiasaan merokok dan penyesuaian jam kerja diharapkan tidak melebihi 8 jam kerja per hari sangat dianjurkan untuk mencegah gangguan pendengaran lebih lanjut.

**Kata Kunci:** Kebisingan, lama Pajanan, Merokok, Tinnitus, Industri Mebel, Nilai Ambang Batas (NAB)

## ABSTRACT

### THE RELATIONSHIP BETWEEN NOISE INTENSITY, DURATION OF EXPOSURE AND SMOKING HISTORY WITH TINNITUS HEARING COMPLAINTS IN WOODEN TABLE INDUSTRY WORKERS IN BLABAK VILLAGE, PESANTREN DISTRICT, KEDIRI CITY

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Tinnitus is a hearing complaint characterized by the perception of ringing sounds, which may occur due to excessive noise exposure, prolonged duration of exposure, and smoking habits.. Exposure exceeding this limit can cause permanent hearing impairment. This study aims to analyze the relationship between noise intensity, duration of exposure, and smoking history with tinnitus complaints among workers in the wood furniture industry. This research employed a cross-sectional design involving 31 workers from three wood furniture industries in Blabak Village, Pesantren Subdistrict, Kediri City. Data collection was carried out using questionnaires and direct measurements with a sound level meter. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. The results showed that 67.7% of workers were exposed to noise levels above 85 dB(A), 74.2% worked more than 8 hours per day, and 64.5% were moderate smokers. The most frequently reported tinnitus levels were mild and moderate (35.5% each). The Chi-Square test revealed a significant relationship between noise intensity ( $p = 0.001$ ), duration of exposure ( $p = 0.004$ ), and smoking history ( $p = 0.008$ ) with tinnitus complaints. In conclusion, there is a significant association between noise intensity, duration of work exposure, and smoking history with tinnitus complaints among wood furniture industry workers. Preventive interventions such as the provision of hearing protection devices, education about the hazards of noise, work duration, and smoking habits, as well as work hour adjustments not exceeding 8 hours per day, are strongly recommended to prevent further hearing impairment.

**Keywords:** Noise, Exposure Duration, Smoking, Tinnitus, Furniture Industry, Threshold Limit Value (TLV).