

**HUBUNGAN FAKTOR INDIVIDU DAN FAKTOR LINGKUNGAN
TERHADAP GEJALA *SICK BUILDING SYNDROME* PADA STAF
TENAGA KEPENDIDIKAN DI FAKULTAS KEDOKTERAN UPN
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Abstrak

Latar Belakang : *Sick building syndrome* (SBS) merupakan kumpulan gejala yang diderita oleh pekerja suatu perkantoran, laboratorium, supermarket dan bangunan lainnya dengan gejala seperti sakit kepala, kelelahan, kesulitan konsentrasi dan gangguan pernapasan. Berdasarkan laporan badan kesehatan nasional (BAKNAS) diperkirakan di seluruh dunia terdapat 2,2 juta kematian akibat polusi dalam ruangan. Padahal 70-80 % individu menghabiskan waktunya untuk bekerja di dalam ruangan. Tujuan penelitian ini untuk mengetahui hubungan faktor individu (jenis kelamin, umur, status merokok, durasi kerja, masa kerja serta kondisi psikososial) dan faktor lingkungan (suhu ruangan dan kondisi ventilasi ruangan) yang berpengaruh terhadap gejala SBS. **Metode dan Sampel:** Desain penelitian ini menggunakan metode *cross sectional*. Data penelitian dikumpulkan melalui kuesioner yang dibagikan melalui link *googleform*. Sampel pada penelitian ini adalah staf tenaga kependidikan di Fakultas Kedokteran UPN Veteran Jakarta berjumlah 49 orang. Teknik pengambilan sampel menggunakan *total sampling*. Penelitian ini menggunakan analisis univariat, bivariat (*chi-square/fisher*) dan analisis multivariat (Regresi logistik). **Hasil:** Analisis bivariat jenis kelamin ($p=0,722$), usia ($p=0,02$), status merokok ($p=0,451$), durasi kerja ($p=1,000$), masa kerja ($p=0,00$), suhu ruangan ($p=0,152$), kondisi psikososial ($p=0,00$) dan kondisi ventilasi ruangan ($p=0,00$). Sedangkan hasil analisis multivariat usia ($p=0,05$; OR=3,52; CI 95% 1,01-14,91), masa kerja ($p=0,02$; OR=4,16; CI 95% 1,76-16,52), kondisi ventilasi ruangan ($p=0,03$; OR=7,16; CI 95% 2,70-27,91), dan kondisi psikososial ($p=0,012$; OR=8,71; CI 95% 3,07-29,09). **Kesimpulan:** Terdapat hubungan yang signifikan antara usia, masa kerja, kondisi psikososial dan kondisi ventilasi ruangan terhadap timbulnya gejala SBS. Status psikososial merupakan faktor yang paling berpengaruh terhadap timbulnya gejala SBS. Semakin tinggi status psikososial semakin tinggi juga gejala SBS.

Kata kunci : faktor individu, faktor lingkungan, *sick building syndrome*,

**RELATIONSHIP BETWEEN INDIVIDUAL AND ENVIRONMENTAL
FACTORS AND SICK BUILDING SYNDROME SYMPTOMS IN
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Abstract

Background: Sick building syndrome (SBS) are collection of symptoms suffered by workers in offices, laboratories, supermarkets and other buildings with symptoms such as headaches, fatigue, difficulty concentrating and breathing problems. Based on the report of the National Health Organization (BAKNAS) it is estimated that worldwide there are 2.2 million deaths due to indoor pollution. Whereas 70-80% of individuals spend their time working indoors. The purpose of this study to determine relationship between individual (gender, age, smoking status, duration of work, years of work and psychosocial conditions) and environmental factors (room temperature and ventilation conditions) that affect the symptoms of SBS. **Methods and Samples:** The study had used a cross sectional method. The research data were collected through a questionnaire that was distributed via a googleform link. The sample in this study were 49 educational staff at the Faculty of Medicine at UPN Veteran Jakarta. The sampling technique used total sampling. This study used univariate, bivariate (chi-square/fisher) and multivariate analysis (logistic regression). **Results:** Bivariate analysis of gender ($p = 0.722$), age ($p = 0.02$), smoking status ($p = 0.451$), duration of work ($p = 1,000$), length of service ($p = 0.00$), room temperature ($p = 0.152$), psychosocial conditions ($p = 0.00$) and room ventilation conditions ($p = 0.00$). While the results of the multivariate analysis of age ($p = 0.05$; OR = 3.52; 95% CI 1.01-14.91), years of service ($p = 0.02$; OR = 4.16; 95% CI 1, 76-16.52), room ventilation conditions ($p = 0.03$; OR = 7.16; 95% CI 2.70-27.91), and psychosocial conditions ($p = 0.012$; OR = 8.71; CI 95% 3.07-29.09). **Conclusion:** There are significant relationship between age, years of service, psychosocial conditions and room ventilation conditions on the onset of symptoms SBS. Psychosocial status is a factor that most influences the onset of symptoms SBS. The higher psychosocial status, the higher of symptoms SBS.

Key words: environmental factors, individual factors,, sick building syndrome,