

# HUBUNGAN LINGKUNGAN KERJA DENGAN GEJALA *SICK BUILDING SYNDROME* PADA PEGAWAI BPJS KESEHATAN KOTA DEPOK TAHUN 2019

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## Abstrak

*Sick building syndrome* (SBS) merupakan kumpulan keluhan yang dirasakan oleh pegawai yang bekerja di dalam ruangan dengan kualitas udara yang kurang baik. Pegawai BPJS Kesehatan Kota Depok bekerja dalam ruangan yang tertutup dengan pencahayaan dan iklim kerja yang kurang baik sehingga berpotensi mengalami gejala seperti kelelahan, sakit kepala, dan nyeri punggung. Tujuan penelitian ini menganalisis hubungan lingkungan kerja dengan gejala *Sick Building Syndrome* pada pegawai BPJS Kesehatan Kota Depok tahun 2019. Penelitian menggunakan metode kuantitatif dengan desain studi *cross sectional*. Sampel dalam penelitian ini berjumlah 70 orang pegawai BPJS Kesehatan Kota Depok. Variabel lingkungan fisik diperoleh berdasarkan hasil pengukuran lingkungan, sedangkan variabel lingkungan non fisik dan karakteristik individu menggunakan kuesioner. Analisis data menggunakan uji *Chi Square* dan uji *Fisher's Exact*. Hasil penelitian menunjukkan terdapat hubungan antara pencahayaan ( $p=0,001$ ), umur ( $p=0,006$ ), kondisi psikososial ( $0,025$ ), kebiasaan merokok ( $p=0,025$ ), dan riwayat penyakit ( $p=0,038$ ) dengan gejala SBS. Variabel yang tidak berhubungan dengan gejala SBS adalah iklim kerja ( $p=0,191$ ), hubungan kerja pegawai dan atasan ( $p=0,447$ ), hubungan kerja antar pegawai ( $p=1,000$ ), jenis kelamin ( $p=0,506$ ), dan masa kerja ( $p=1,000$ ). Gejala SBS yang paling banyak adalah kantuk, kelelahan, dan nyeri punggung. Berdasarkan hasil tersebut, disarankan BPJS Kesehatan Kota Depok memperbaiki pencahayaan, melakukan peregangan di sela jam kerja, dan melakukan *medical check up* untuk meningkatkan kenyamanan pegawai dalam bekerja.

**Kata Kunci:** Lingkungan Kerja Fisik, Lingkungan Kerja Non Fisik, *Sick Building Syndrome*

# **WORK ENVIRONMENTAL RELATIONSHIP WITH SYMPTOMS OF *SICK BUILDING SYNDROME* ON BPJS KESEHATAN KOTA DEPOK EMPLOYEES IN 2019**

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## **Abstract**

Sick building syndrome (SBS) is a collection of complaints felt by employees who work in rooms with poor air quality. BPJS Kesehatan Kota Depok employees work in a closed room with poor lighting and work climate so that it has the potential to experience symptoms such as fatigue, headaches, and back pain. The purpose of this study was to analyze the relationship between work environment and symptoms of Sick Building Syndrome in employees of BPJS Kesehatan Kota Depok in 2019. The study used a quantitative method with a cross sectional study design. The sample in this study were 70 employees of BPJS Kesehatan Kota Depok. Physical environment variables were obtained based on the results of environmental measurements, while non-physical environment variables and individual characteristics with questionnaires. Data analysis used Chi Square test and Fisher's Exact test. The results show that there were a relationship between lighting ( $p = 0.001$ ), age ( $p = 0.006$ ), psychosocial conditions ( $0.025$ ), smoking habits ( $p = 0.025$ ), and history of diseases ( $p = 0.038$ ) with symptoms of SBS. Variables that not related to SBS symptoms were work climate ( $p = 0.191$ ), work relations of employees and superiors ( $p = 0.447$ ), work relations between employees ( $p = 1,000$ ), sex ( $p = 0.506$ ), and work period ( $p = 1,000$ ). The most common symptoms of SBS were sleepiness, fatigue, and back pain. Based on these results, it has suggest that BPJS Kesehatan Kota Depok improve the lighting, stretching between working hours, and do a medical check-up to improve employees comfort at work.

**Keywords:** Physical Work Environment, Non Physical Work Environment, Sick Building Syndrome