

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN DEHIDRASI PADA PEKERJA PABRIK TAHU DI JAKARTA SELATAN TAHUN 2025

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Abstrak

Dehidrasi dapat menyebabkan seseorang terkena infeksi saluran kemih, *nefrolitiasis*, *chronic kidney disease*, serta menurunkan konsentrasi pekerja yang berpotensi menimbulkan kecelakaan kerja. Penelitian dilakukan untuk mengetahui faktor-faktor yang berhubungan dengan dehidrasi pekerja pabrik tahu di Jakarta Selatan. Penelitian ini menggunakan pendekatan kuantitatif dengan desain studi cross-sectional. Lokasi penelitian tersebar di 4 kecamatan yaitu, Kecamatan Mampang Prapatan, Pasar Minggu, Cilandak, dan Jagakarsa dengan total 8 pabrik tahu. Berdasarkan hasil perhitungan sampel menggunakan Lemeshow, didapatkan sampel penelitian sebanyak 47 orang. Tingkat dehidrasi diukur menggunakan teknik Periksa Urin Sendiri (PURI). Data dianalisis menggunakan uji chi-square. Hasil penelitian menunjukkan bahwa sebesar 42,6% pekerja mengalami dehidrasi ringan, 21,3% dehidrasi sedang, dan 6,4% dehidrasi berat. Terdapat hubungan antara konsumsi air minum ($p\text{-value} = 0,022$), beban kerja fisik ($p\text{-value} = 0,018$), dan iklim kerja panas ($p\text{-value} = 0,007$). Sementara itu, untuk variabel usia dan status gizi tidak memiliki hubungan dengan dehidrasi. Pekerja disarankan untuk menjaga kecukupan hidrasi dengan meminum air minimal 2 liter/hari. Bagi pengusaha disarankan untuk menyediakan air minum yang cukup agar para pekerja tetap terhidrasi.

Kata Kunci : Dehidrasi, Pabrik Tahu, PURI

FACTORS RELATED TO DEHYDRATION INCIDENTS IN TOFU FACTORY WORKERS IN SOUTH JAKARTA IN 2025

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Abstract

Dehydration can lead to urinary tract infections, nephrolithiasis, chronic kidney disease, and decreased worker concentration, which may increase the risk of workplace accidents. This study aimed to identify the factors associated with dehydration among tofu factory workers in South Jakarta. A quantitative approach with a cross-sectional study design was used. The study was conducted in four districts: Mampang Prapatan, Pasar Minggu, Cilandak, and Jagakarsa, involving a total of eight tofu factories. Based on sample size calculation using the Lemeshow formula, a total of 47 respondents were selected. The level of dehydration was measured using the Urine Color Chart (UCC) method. Data were analyzed using the chi-square test. The results showed that 42.6% of the workers experienced mild dehydration, 21.3% moderate dehydration, and 6.4% severe dehydration. There was a significant association between water intake (p -value = 0.022), physical workload (p -value = 0.018), and hot working environment (p -value = 0.007) with dehydration. Meanwhile, age and nutritional status were not significantly associated with dehydration. Workers are advised to maintain adequate hydration by drinking at least 2 liters of water per day. Employers are also encouraged to provide sufficient drinking water to ensure that workers stay well-hydrated.

Keywords: Dehydration, Tofu Factory, PURI