

HUBUNGAN ANTARA *INDOOR AIR QUALITY* DAN GEJALA *SICK BUILDING SYNDROME* PADA PEKERJA PT KRAMA YUDHA RATU MOTOR TAHUN 2026

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Abstrak

Kondisi lingkungan dalam ruangan berkontribusi terhadap kesehatan dan kenyamanan seseorang. Kualitas udara dalam ruangan yang buruk dapat meningkatkan risiko kesehatan seseorang, salah satunya yaitu gejala *Sick Building Syndrome*. Penelitian ini bertujuan menganalisis hubungan antara kualitas udara dalam ruangan serta faktor individu terhadap gejala *Sick Building Syndrome* pada pekerja kantor PT Krama Yudha Ratu Motor tahun 2026. Penelitian menggunakan metode kuantitatif dengan desain studi *cross sectional*. Pengambilan sampel menggunakan *total sampling* berjumlah 58 pekerja. Pengumpulan data dilakukan menggunakan instrumen MM-040 NA *Questionnaire* dan *Copenhagen Psychosocial Questionnaire* III (COPSOQ III). Data dianalisis secara univariat dan bivariat menggunakan uji *chi-square* dan *fisher's exact*. Hasil penelitian menunjukkan mayoritas pekerja mengalami gejala SBS, yaitu sebanyak 49 pekerja (84,5%) dari 58 pekerja. Analisis bivariat menunjukkan terdapat hubungan antara variabel suhu ($p\text{-value} = 0,029$), kelembapan ($p\text{-value} = 0,025$), dan psikososial ($p\text{-value} = 0,008$) dengan gejala SBS. Hasil penelitian ini mengindikasikan bahwa diperlukan pemantauan secara berkala terhadap kualitas udara dalam ruangan, khususnya suhu dan kelembapan, serta evaluasi kondisi psikososial para pekerja sebagai upaya pencegahan gejala SBS.

Kata Kunci: *Indoor Air Quality*, Faktor Individu, *Sick Building Syndrome*

THE RELATIONSHIP BETWEEN INDOOR AIR QUALITY AND SYMPTOMS OF SICK BUILDING SYNDROME AMONG EMPLOYEES AT PT KRAMA YUDHA RATU MOTOR IN 2026

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Abstract

Indoor environmental conditions contribute to a person's health and comfort. Poor indoor air quality can increase a person's health risks, one of which is Sick Building Syndrome. This study aims to analyze the relationship between indoor air quality and individual factors on Sick Building Syndrome symptoms among office workers at PT Krama Yudha Ratu Motor in 2026. The study employed a quantitative method with a cross-sectional design. A total of 58 employees were selected using total sampling. Data were collected using the MM-040 NA Questionnaire and the Copenhagen Psychosocial Questionnaire III (COPSOQ III). Data were analyzed univariately and bivariately using the chi-square test and Fisher's exact test. The results showed that the majority of employees experienced SBS symptoms, specifically 49 employees (84.5%) out of 58. Bivariate analysis revealed an association between the variables of temperature ($p\text{-value} = 0.029$), humidity ($p\text{-value} = 0.025$), and psychosocial factors ($p\text{-value} = 0.008$) and SBS symptoms. These findings indicate that regular monitoring of indoor air quality, particularly temperature and humidity, as well as an evaluation of workers' psychosocial conditions are necessary to prevent SBS symptoms.

Keyword: Indoor Air Quality, Individual Factors, Sick Building Syndrome