

ABSTRACT

NURINA FITRIYANI

THE RELATIONSHIP BETWEEN EXERCISE HABITUAL, PPE (MASK) AND NUTRIENT STATUS WITH Pb LEVEL IN THE BLOOD OF TAFFIC POLICE IN WEST SEMARANG DISTRICT POLICE

X+62 pages + 13 tables + 3 figures + 8 attachments

Lead (Pb) is metal that coming into light because its toxic property on human by means of feed consumption, absorption, air, water and dust that contaminated with lead (Pb). Lead (Pb) may into human body through several ways, namely : inhalation (respiration system), digestion system, skin contact (percutant). Lead (Pb) constitutes additive substance that present within gasoline as fuel of motor vehicle. Lead that is released by motor vehicle has life span in air for 4 – 40 days. These long enough of life span causing lead particles may be spread by wind up to 100 – 1000 Km of its origin. This research has purpose of knowing relationship between exercise habitual, PPE (mask) usage, and nutrient status with Pb content in blood of traffic police in west Semarang district police.

According to survey of early, it's known that 12 personnel of traffic police Have a headache and breathless, Whereas 3 traffic police felt sick, the 15 traffic police had not us PPE when being assigned, so as to be able to be conclud that is gotten by the health complaint from flattest traffic police exploited with lead (Pb).

The method that is us in this research is the method survey with the approach cross sectional, this research was done to explain relations between the free variable (the sport habit, the use habit PPE (mask), and the status of the nutrient) and dependent variable is Pb level within blood through rank Spearman correlation test. the sample of the research is traffic police west Semarang district police 33 people.

From results of the research is obtain by results that there is relations between the sport habit and with the level of lead (the executive board) in traffic police 's west Semarang blood with p value 0.011, there are no relations between the use habit PPE and with the level of lead (Pb) in traffic police 's west Semarang blood with p value 0.647. did not have relations between the status of the nutrient and with the level of lead (Pb) in traffic police 's west Semarang blood with p value 0.739.

From results of the research then is suggest by as well as the checking of the health routinely to traffic police especially west Semarang traffic police.

The key word: traffic police, the level of Pb in the blood

Literature : 40 books

ABSTRAK

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HUBUNGAN ANTARA KEBIASAAN OLAH RAGA, KEBIASAAN PEMAKAIAN APD (MASKER), DAN STATUS GIZI DENGAN KADAR Pb DALAM DARAH POLISI LALU LINTAS DI SEMARANG BARAT

X+62 lembar+15 tabel+ 3 gambar+ 8 lampiran

Timbal (Pb) adalah logam yang mendapat perhatian karena bersifat toksik terhadap manusia melalui konsumsi makanan, minuman, udara, air serta debu yang tercemar timbal (Pb). Timah hitam (Pb) masuk ke dalam tubuh manusia melalui beberapa jalan, yaitu: Sistem Pernapasan (Inhalasi), Sistem Pencernaan (Digesti), Kontak Dengan Kulit (Perkutan). timbal (Pb) merupakan bahan aditif yang terdapat di dalam bensin sebagai bahan bakar kendaraan bermotor. Timbal yang di keluarkan kendaraan bermotor bermasa tinggal di udara 4-40 hari. Masa tinggal yang cukup lama ini menyebabkan partikel timbal dapat disebar oleh angin hingga 100-1000 km dari sumbernya. Penelitian ini bertujuan untuk Mengetahui hubungan antara kebiasaan olah raga, kebiasaan pemakaian APD, dan status gizi dengan kadar Pb Dalam Darah Pada Polisi Lalu Lintas di Semarang Barat ". Dari hasil survey awal, didapatkan hasil bahwa 12 orang Polantas mengalami pusing dan sesak nafas, sedangkan 3 orang Polantas merasa mual, Ke-15 Polantas tersebut tidak pernah memakai APD saat bertugas. Sehingga dapat disimpulkan bahwa terdapat keluhan kesehatan dari polantas yang terpapar timbal (Pb).

Metode yang digunakan dalam penelitian ini adalah metode survey dengan pendekatan pendekatan cross sectional. Penelitian ini dilakukan untuk menjelaskan hubungan antara variabel bebas (kebiasaan olah raga, kebiasaan pemakaian APD masker, dan status gizi) dan variable terikat kadar Pb dalam darah melalui uji korelasi, *Rank Spearman*. Sampel penelitian adalah Polisi Lalu Lintas Semarang Barat berjumlah 33 orang.

Dari hasil penelitian didapatkan hasil bahwa ada hubungan antara kebiasaan olahraga dengan dengan kadar timah hitam (Pb) dalam darah polisi lalu lintas Semarang barat dengan p value = 0,011, Tidak Ada hubungan antara kebiasaan pemakaian APD dengan dengan kadar timah hitam (Pb) dalam darah polisi lalu lintas Semarang barat dengan p value = 0,647. Tidak Ada hubungan antara status gizi dengan dengan kadar timah hitam (Pb) dalam darah polisi lalu lintas Semarang barat dengan p value = 0,739.

Dari hasil penelitian maka disarankan pengecekan kesehatan secara rutin pada polisi lalulintas khususnya polisi lalu lintas Semarang Barat.

Kata kunci : Polisi Lalu lintas, kadar pb darah

Kepustakaan : 40 buah