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Skripsi, Maret 2025
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ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN RISIKO PENYAKIT DEKOMPRESI PADA NELAYAN PENYELAM DI KAMPUNG TAMBAKLOROK

ABSTRAK

Latar Belakang : Di Indonesia, pada tahun 2018, dilaporkan sebanyak 285 penyelam tradisional yang mengalami gejala DCS. Penyakit dekompresi adalah gangguan kesehatan yang muncul akibat dari aktivitas menyelam. Di Kampung Tambaklorok, penyelam sering mengalami keluhan gangguan pada kulit, seperti gatal-gatal, bentol-bentol merah seperti cacar, dan pegal-pegal. Penelitian ini dilakukan karena DCS dapat memengaruhi berbagai sistem tubuh, termasuk saraf, kardiovaskular, dan muskuloskeletal. Jika tidak ditangani, kondisi ini dapat berakibat fatal, bahkan menyebabkan kematian.

Metode : Penelitian ini merupakan analisis observasional dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah nelayan penyelam dari kelompok nelayan Indah Jaya yang berjumlah 50 orang. Pengambilan sampel dilakukan dengan teknik total sampling. Pengumpulan data dilakukan melalui kuesioner. Analisis univariat menggunakan tabel distribusi frekuensi, sementara analisis bivariat dilakukan dengan *uji chi-square* ($\alpha=0,05$) dan *uji Fisher exact* ($\alpha=0,05$).

Hasil : Hasil penelitian menunjukkan bahwa usia berisiko (>40 tahun) sebesar 72%, masa kerja lama (> 5 tahun) sebesar 62%, frekuensi menyelam berisiko (≥ 3 kali) sebesar 78%, lama menyelam berisiko (≥ 3 jam) sebesar 34%, penggunaan APD tidak lengkap sebesar 66% dan risiko penyakit dekompresi sebesar 62%. Hasil analisis *uji chi square* menunjukkan usia ($p=0,004$), masa kerja ($p=0,002$), lama menyelam ($p=0,015$), dan penggunaan APD ($p=0,000$). Hasil analisis *uji Fisher exact test* pada frekuensi menyelam ($p=0,013$).

Kesimpulan : terdapat hubungan antara usia, masa kerja, lama menyelam, frekuensi menyelam, penggunaan APD dengan risiko penyakit dekompresi.

Kata Kunci : Dekompresi, Penyelam, Nelayan

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ANALYSIS OF FACTORS RELATED TO THE RISK OF DECOMPRESSION DISEASE IN DIVING FISHERMEN IN TAMBAKLOROK VILLAGE

ABSTRACT

Background: In Indonesia, in 2018, it was reported that as many as 285 traditional divers experienced DCS symptoms. Decompression sickness is a health disorder that arises as a result of diving activities. In Tambaklorok Village, divers often experience complaints of skin disorders, such as itching, red bumps like smallpox, and aches. This research was conducted because DCS can affect various body systems, including nerves, cardiovascular, and musculoskeletal. If left untreated, this condition can be fatal, even causing death.

Method: This study is an observational analysis with a cross-sectional approach. The population in this study is divers from the Indah Jaya fishing group which totals 50 people. Sampling was carried out using the total sampling technique. Data collection was carried out through questionnaires. Univariate analysis used a frequency distribution table, while bivariate analysis was carried out by chi-square test ($\alpha=0.05$) and Fisher exact test ($\alpha=0.05$).

Result: The results showed that the age at risk (>40 years) was 72%, the long working period (> 5 years) was 62%, the frequency of risky dives (≥ 3 times) was 78%, the duration of risky dives (≥ 3 hours) was 34%, the use of incomplete PPE was 66% and the risk of decompression sickness was 62%. The results of the chi square test analysis showed age ($p=0.004$), working period ($p=0.002$), diving time ($p=0.015$), and use of PPE ($p=0.000$). The results of Fisher exact test analysis on diving frequency ($p=0.013$).

Conclusion: there is a relation between age, working period, length of diving, frequency of diving, use of PPE and the risk of decompression disease.

Keywords : *Decompression, Diver, Fisherman*