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HUBUNGAN IKLIM KERJA PANAS DENGAN STATUS DEHIDRASI PADA PEKERJA KONSTRUKSI PROYEK PEMBANGUNAN BENDUNGAN JRAGUNG PAKET V

ABSTRAK

Latar Belakang : Iklim kerja panas merupakan factor bahaya fisik lingkungan kerja, pekerja sektor konstruksi terpapar panas dan aktifitas fisik yang berat dalam durasi waktu yang lama, meningkatkan resiko kehilangan cairan tubuh sehingga menyebabkan masalah kesehatan berupa dehidrasi. Pekerja yang kekurangan cairan tubuh dapat menurunkan konsentrasi dan kelelahan yang berdampak pada keselamatan dan rentan mengalami kecelakaan kerja. Berdasarkan data OSHA (2025) kejadian *heat stres* sebanyak 58,8% pada pekerja konstruksi terpapar penyakit akibat iklim kerja panas. Penelitian ini bertujuan untuk mengetahui hubungan antara iklim kerja panas dengan status dehidrasi pada pekerja Proyek Pembangunan Bendungan Jragung Paket V.

Metode Penelitian : Penelitian ini menggunakan metode kuantitatif dengan desain observasional analitik dan pendekatan *cross-sectional*. Sampel penelitian berjumlah 56 orang yang dipilih menggunakan teknik *Quota Sampling*. Data pengukuran iklim kerja diperoleh melalui pengukuran WBGT dan kuisisioner. Sedangkan data status dehidrasi diperoleh melalui pengukuran BB sebelum dan sesudah bekerja serta kuesioner dan dianalisis menggunakan uji *Chi-Square*.

Hasil Penelitian : Menunjukkan bahwa (80,4%) responden terpapar iklim kerja panas dan beresiko mengalami dehidrasi (44,6%) dan yang tidak mengalami dehidrasi (55,4%). Mayoritas responden memiliki perilaku konsumsi cairan yang baik (54,4%) dan sebagian pekerja mengalami keluhan dehidrasi sedang (57,1%) sedangkan dehidrasi ringan dan berat (21,4%). Uji *Chi-Square* menunjukkan terdapat hubungan yang signifikan antara Iklim kerja panas dan status dehidrasi ($p\text{-value} = 0,048$; $p < 0,05$).

Kesimpulan : Terdapat hubungan antara iklim kerja panas dengan status dehidrasi pada pekerja konstruksi. Oleh karena itu, diperlukan upaya *Preventif* melalui pengaturan waktu kerja dan istirahat, penyediaan air minum yang cukup, serta edukasi pencegahan dehidrasi untuk meningkatkan kesehatan dan produktivitas pekerja.

Kata Kunci: Pekerja Konstruksi, iklim kerja, status dehidrasi

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THE RELATIONSHIP BETWEEN HOT WORK CLIMATE AND DEHYDRATION STATUS AMONG CONSTRUCTION WORKERS AT THE JRAGUNG DAM DEVELOPMENT PROJECT, PACKAGE V.

ABSTRAK

Background: Hot working climate is one of the physical hazard factors in the workplace. Construction workers are frequently exposed to high environmental temperatures and perform heavy physical activities for long durations, which increases the risk of body fluid loss and may lead to dehydration. Workers who experience dehydration may suffer from decreased concentration and fatigue, which can affect work safety and increase the risk of occupational accidents. Based on data from OSHA (2025), heat stress incidents among construction workers reach 58.8% due to exposure to hot working climates. This study aims to determine the relationship between hot working climate and dehydration status among workers at the Jragung Dam Construction Project Package V.

Methods: This study used a quantitative method with an analytical observational design and a cross-sectional approach. The sample consisted of 56 respondents selected using the quota sampling technique. Data on hot working climate were obtained through Wet Bulb Globe Temperature (WBGT) measurements and questionnaires. Meanwhile, dehydration status data were obtained through body weight measurements before and after work as well as questionnaires. The data were analyzed using the Chi-Square test.

Results: The results showed that 80.4% of respondents were exposed to hot working climates. A total of 44.6% of respondents experienced dehydration, while 55.4% did not experience dehydration. The majority of respondents had good fluid consumption behavior (55.4%). In addition, some workers experienced moderate dehydration complaints (57.1%), while mild and severe dehydration complaints each accounted for 21.4%. The Chi-Square test results indicated a significant relationship between hot working climate and dehydration status ($p\text{-value} = 0.048$; $p < 0.05$).

Conclusion: There is a relationship between hot working climate and dehydration status among construction workers. Therefore, preventive efforts are needed through proper work–rest schedules, adequate drinking water provision, and education on dehydration prevention to improve workers' health and productivity.

Keywords: construction workers, hot working climate, dehydration status.