

ABSTRAK

Pengantar paket beresiko tinggi terpapar CO dari kendaraan bermotor. Karbon monoksida adalah gas yang tidak berasa, tidak berbau, tidak berwarna, dan tidak mengiritasi terbentuk dari pembakaran hidrokarbon. Gejala keracunan COHb terbagi dua, gejala awal sakit kepala ringan, sesak nafas, dan mual. Gejala sedang nyeri dada, pusing, dan pingsan. Tujuan penelitian menganalisis kadar karboksihemoglobin dalam darah kurir paket di Wilayah Margajaya Kota Bekasi.

Penelitian bersifat deskriptif kuantitatif, melibatkan 30 responden bekerja > 3 tahun, terdiri dari 15 bekerja > 8 jam dan 15 < 8 jam. Diuji menggunakan metode sel difusi cawan conway dan spektrofotometer UV-VIS. Menunjukkan ada perbedaan rata-rata kadar COHb pada kedua kelompok. Rata-rata kadar COHb pada kurir yang bekerja > 8 jam 0,26%, kurir yang bekerja < 8 jam 0,24%. Uji hubungan karakteristik responden terhadap kadar COHb menggunakan *Paired Sample T-test* berdasarkan durasi kerja *p value* 0,28. Lama kerja *p value* 3,21 dan umur *p value* 2,01.

Berdasarkan durasi kerja, lama kerja dan umur disimpulkan tidak ada perbedaan kadar COHb dalam darah kurir paket di Wilayah Kelurahan Margajaya Kota Bekasi. Ini disebabkan kondisi udara buruk di Kota Bekasi, menurut indeks kualitas udara kadar karbon monoksida di kota Bekasi 130 ug/m³ termasuk kategori kualitas tidak sehat untuk kelompok sensitif.

Kata Kunci : Karboksihemoglobin (COHb), Kurir Pengantar Paket, Kota Bekasi
Kepustakaan : 12
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ABSTRACT

Package delivery workers are at high risk of exposure to carbon monoxide (CO) from motor vehicles. Carbon monoxide is a colorless, odorless, and tasteless gas that is formed from the combustion of hydrocarbons. Symptoms of CO poisoning can be divided into two categories: mild symptoms include headaches, shortness of breath, and nausea, while moderate symptoms include chest pain, dizziness, and fainting. The purpose of this study was to analyze the levels of carboxyhemoglobin (COHb) in the blood of package delivery workers in Margajaya, Bekasi City.

This descriptive quantitative study involved 30 respondents who had been working for more than 3 years, consisting of 15 workers who worked more than 8 hours and 15 workers who worked less than 8 hours. The study used the Conway diffusion cell method and UV-VIS spectrophotometry to measure COHb levels. The results showed a difference in the average COHb levels between the two groups. The average COHb level in workers who worked more than 8 hours was 0.26%, while the average COHb level in workers who worked less than 8 hours was 0.24%. However, the Paired Sample T-test showed no significant correlation between work duration (p -value = 0.28), work length (p -value = 3.21), and age (p -value = 2.01) with COHb levels.

Based on the results, it can be concluded that there is no significant difference in COHb levels in the blood of package delivery workers in Margajaya, Bekasi City, based on work duration, work length, and age. This may be due to the poor air quality in Bekasi City, where the carbon monoxide level is 130 ug/m³, which falls into the unhealthy category for sensitive groups.

Key Words : Carboxyhemoglobin (COHb), Package Delivery Courier, Bekasi City
Literature : 12
Year : 2017-2025