ABSTRAK

Saat ini gangguan pendengaran akibat kebisingan banyak dijumpai di industri termasuk di pabrik kelapa sawit PT. Amal Tani. Pabrik kelapa sawit PT. Amal Tani di Kabupaten Langkat merupakan pabrik kelapa sawit yang memiliki nilai ambang batas kebisingan di atas 85 dB serta para pekerjanya lalai memakai alat pelindung pendengaran. Terdapat keluhan pening pada saat bekerja dan akan hilang bila telah sampai di rumah.

Penelitian ini bertujuan untuk menganalisis pengaruh kebijakan, pengawasan, dan pelatihan penggunaan alat pelindung pendengaran terhadap gangguan pendengaran pekerja pada pabrik kelapa sawit PT. AT di Kabupaten Langkat. Penelitian ini merupakan quasi eksperimental, dengan populasi pekerja pabrik kelapa sawit PT. Amal tani Kabupaten Langkat sebanyak 60 pekerja dan sesuai kriteria inklusi sebanyak 50 pekerja. Data diperoleh dengan menggunakan soundlevel meter, audiometer, kuesioner dan observasi. Data dianalisis dengan menggunakan Uji Regresi Linear Berganda.

Hasil penelitian ini menunjukkan bahwa variabel yang berpengaruh terhadap gangguan pendengaran sebelah kanan (p = 0,002) dan gangguan pendengaran sebelah kiri (p = 0,000). Berdasarkan hasil uji regresi linear berganda, diperoleh hasil bahwa peraturan (p = 0,023), pelatihan (p = 0,033), dan pengawasan (p = 0,046) berpengaruh terhadap gangguan pendengaran telinga kanan pekerja. Pada telinga kiri diperoleh hasil bahwa ada pengaruh peraturan (p = 0,003), pelatihan (p = 0,047) dan pengawasan (p = 0,030) terhadap gangguan pendengaran telinga kiri pekerja. Variabel yang paling dominan berpengaruh terhadap gangguan pendengaran adalah pelatihan.

Disarankan kepada perusahaan untuk membuat kebijakan/peraturan alat pelindung pendengaran, pelatihan alat pelindung pendengaran dan pengawasan alat pelindung pendengaran secara bersamaan, dan melakukan pemeriksaan audiometer 6 bulan sekali. Kepada pekerja agar menggunakan alat pelindung pendengaran pada saat bekerja di area bising.

Kata Kunci : Kebijakan, Pelatihan, Pengawasan, Gangguan Pendengaran.
ABSTRACT

There is a lot of interferences on human ears caused by noise produced by industry such as the palm oil plant belongs to PT Amal Tani located in Langkat which had a threshold of over 85 dB. The workers did not wear their earplugs to protect their hearing that they felt dizzy when they were working and the dizziness was away when they arrived home.

The purpose of this quasi experimental study was to analyze the influence of policy, control and training on use the of hearing protection device on the interferences on human hear in the workers working in the palm oil plant belongs to PT Amal Tani located in Langkat. The populations of this study were 60 workers who were working in the palm oil plant belongs to PT Amal Tani located in Langkat and according to the criteria of inclusion, 50 workers were selected to be the samples for this study. The data for this study were obtained through sound level meter, audiometer questionnaire distribution and field observation. The data obtained were analyzed through multiple linear regression tests.

The result of the study showed that the variables of policy, control and training had influence on the incident of the hearing interference to the right ear for \( p = 0.002 \) and to the left ear for \( p = 0.000 \). The result of multiple linear regression tests showed that policy \( p = 0.023 \), training \( p = 0.033 \), and control \( p = 0.046 \) had an influence on the incident of the hearing interference to the right ear of the workers and the influence on the incident of the hearing interference to the left ear of the workers was for policy \( p = 0.003 \), training \( p = 0.047 \), and control \( p = 0.030 \). Training was the most dominant variable which had an influence on the interference on the ears of the workers.

The management of PT Amal Tani is suggested to simultaneously make a policy/regulation on the use of hearing protection device, the training to use the hearing protection device, and the control of hearing protection device. The management of PT Amal Tani is also suggested to check the audiometer once in 6 months and to require the workers to use hearing protection device when they are working in a noisy area.

Key words: Policy, Training, Control, Hearing Interference