

**PREVALENSI GANGGUAN NEUROLOGI PADA TENAGA KERJA
PARIWISATA DI KAWASAN WISATA PANTAI LOVINA DI
KABUPATEN BULELENG**

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ABSTRAK

Sektor pariwisata memiliki peran penting terhadap perekonomian Indonesia, baik terhadap nilai tambah, penghasil devisa, maupun sebagai pencipta lapangan kerja dan pemberdayaan masyarakat. Pantai Lovina adalah salah satu daerah pariwisata pantai unggulan yang dimiliki oleh daerah bagian utara Provinsi Bali. Industri pariwisata seringkali menuntut pekerja untuk terus melakukan pengembangan keahlian dan keterampilan, sehingga kondisi tersebut memicu timbulnya stres kerja. Selain itu, sikap kerja yang tidak ergonomis juga memengaruhi munculnya keluhan neurologi pada tenaga kerja. Berdasarkan Studi Departemen Kesehatan Republik Indonesia, terdapat sekitar 40,5% penyakit yang diderita pekerja berhubungan dengan pekerjaan, salah satunya adalah gangguan neurologi. Hingga saat ini, belum banyak penelitian yang membahas terkait gangguan neurologi pada tenaga kerja di bidang pariwisata. Penelitian ini merupakan penelitian *cross sectional* yang bertujuan untuk memberikan gambaran prevalensi gangguan neurologi pada tenaga kerja pariwisata di kawasan wisata Pantai Lovina di Kabupaten Buleleng. Pengambilan sampel menggunakan *purposive sampling* sesuai kriteria inklusi dan eksklusi kemudian didapatkan jumlah sampel 69 orang. Data diambil menggunakan kuesioner berupa kuesioner gangguan neurologi Sistem Saraf Tepi (SST) dengan sebelas butir pertanyaan dan kuesioner gangguan neurologi Sistem Saraf Pusat (SSP) dengan sepuluh butir pertanyaan. Berdasarkan uji validitas instrumen didapatkan bahwa $r \text{ tabel} < r \text{ hitung}$ dengan nilai *Alpha Cronbach* kuesioner gangguan neurologi SST 0,791 dan gangguan neurologi SSP 0,735 sehingga kuesioner valid dan reliabel. Setelah dilakukan analisis data, didapatkan bahwa sebanyak 36 dari 69 orang responden (52,2%) mengalami gangguan neurologi. Jenis gangguan neurologi yang paling banyak dialami adalah sakit kepala, gangguan tidur, dan nyeri punggung bawah.

Kata-kata kunci: gangguan neurologi, pariwisata

PREVALENCE OF NEUROLOGICAL DISORDERS AMONG TOURISM WORKERS IN THE LOVINA BEACH AREA IN BULELENG REGENCY

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ABSTRACT

The tourism sector has an important role in the Indonesian economy, both in adding value, generating foreign exchange, as well as creating jobs and empowering communities. Lovina Beach is one of the leading beach tourism areas in the northern part of Bali Province. The tourism industry often requires workers to continue developing expertise and skills, so that this condition triggers work stress. Moreover, non-ergonomic working attitudes also influence the emergence of neurological complaints in workers. Based on a study by the Ministry of Health of the Republic of Indonesia, there are around 40.5% of illnesses suffered by workers related to work, one of which is neurological disorders. Until now, there has not been much research discussing neurological disorders in workers in the tourism sector. This research is a cross sectional study which aims to provide an overview of the prevalence of neurological disorders in tourism workers in the Lovina Beach tourist area in Buleleng Regency. Sampling used purposive sampling according to the inclusion and exclusion criteria, then a sample size of 69 people was obtained. Data was collected using questionnaires in the form of a Peripheral Nervous System neurological disorders questionnaire with eleven questions and a Central Nervous System (CNS) neurological disorders questionnaire with ten questions. Based on the validity test of the instrument, it was found that $r_{table} < r_{calculated}$ with a Cronbach's Alpha value for the peripheral nervous system neurological disorders questionnaire of 0.791 and CNS neurological disorders of 0.735 so that the questionnaire was valid and reliable. After data analysis, it was found that 36 of the 69 respondents (52.2%) experienced neurological disorders. The most common types of neurological disorders are headaches, sleep disorders and low back pain.

Keywords: neurological disorders, tourism