ABSTRACT

NOVI ERLIYANI. Quality of Physical Environment, Lifestyle, Nutrition and Health Status of Women Labour in Cigarette Factory. Advisory by KATRIN ROOSITA.

Quality of physical environment, lifestyle, nutrition and health status determine quality of life, performance, capacity, and productivity of workers, especially in cigarette factories. The data from Persatuan Perusahaan Rokok Kudus (PPRK) in 2007 showed that the cigarette factory workers suffer from various health problems. The objective of this research was to study quality of physical environment, lifestyle, nutrition and health status of women labours in Cigarette Factory. The study was located in Kembang Arum Factory, Kudus, Central Java. Cross-sectional study design was used, and fifty five (55) samples were recruited. The result of the research showed that the dust level in the air workplace was 0.115 mg/m³ with an average temperature and humidity of chamber at 28 °C and 79, respectively. Most samples (65.5%) never exercised, but all the samples did not have smoking and alcohol consumption habit. The average of physical activity level (PAL) was in the moderate category with an average PAL value 1.6. Energy requirements of samples was 1989 ± 152 Kal and the average consumption was 1124 ± 413 Kal. A total of 83.6% samples had a morbidity score with low category. The average samples had normal blood pressure, tachycardia pulse rate, and normal respiratory rate. Pearson test showed that the aged sample had a significant positive relationship on the nutritional status (p <0.05, r = 0306), systolic blood pressure (p <0.05, r = 0553), and diastolic blood pressure (p <0.05, r = 0449).

Key words: Lifestyle, nutrition status, health status, cigarette factory workers, food consumption, environment