

HUBUNGAN KEKUATAN OTOT DENGAN FUNGSI PARU PADA PENGEMUDI OJEK *ONLINE* DI PURWOKERTO

ABSTRAK

Latar belakang: Peningkatan kebutuhan jasa pengemudi ojek *online*, ditambah tidak adanya regulasi yang jelas terkait jam kerja menyebabkan kurangnya kesadaran akan praktik gaya hidup sehat. Sekitar 61% pengemudi ojek *online* bekerja selama lebih dari 8 jam. Dengan demikian pengemudi ojek *online* lebih berisiko terpapar polusi udara di jalan sehingga meningkatkan risiko penurunan fungsi paru. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara kekuatan otot dengan fungsi paru pada pengemudi ojek *online* di Purwokerto. **Metode:** Penelitian ini bersifat observasional analitik dengan metode kuantitatif dan desain studi *cross-sectional*. Sampel data diambil dari 37 responden penelitian menggunakan teknik *consecutive sampling*. Instrumen penelitian yang digunakan adalah spirometer *MIR Spirolab* untuk menilai fungsi paru dan *Camry Digital Handgrip Dynamometer* untuk mengukur kekuatan otot genggam tangan. Analisis data hasil penelitian menggunakan uji *Pearson*. **Hasil:** Rata-rata kekuatan otot genggam tangan pada subjek penelitian adalah 39,04 kg, nilai prediksi FEV1 104,7% dan nilai prediksi FVC 103,75%. Hasil uji korelasi *Pearson* menunjukkan ada hubungan antara kekuatan otot dengan nilai prediksi FEV1 ($p=0,004$; $r = 0,461$) dan nilai prediksi FVC ($p=0$; $r = 0,582$) dimana kekuatannya dinilai lemah ($r = 0,4-0,59$). **Kesimpulan:** Terdapat hubungan antara kekuatan otot dengan fungsi paru pada pengemudi ojek *online* di Purwokerto.

Kata kunci : Kekuatan otot, nilai prediksi FEV1, nilai prediksi FVC, pengemudi ojek *online*

THE CORRELATION BETWEEN MUSCLE STRENGTH AND LUNG FUNCTION ON ONLINE MOTORCYCLE TAXI DRIVER IN PURWOKERTO

ABSTRACT

Background: The increasing demands in motorcycle taxi driver's service and the absence of proper regulation pertaining to work hours leads to a lack of awareness in keeping a healthy lifestyle. Around 61% of online motorcycle taxi drivers work for more than eight hours. Thus, online motorcycle taxi drivers have a higher risk of exposure to air pollution, increasing the risk of reduced lung function. **Objective:** This research aims to identify the relationship between muscle strength and lung function on online motorcycle taxi driver in Purwokerto. **Method:** This research was an analytical observational research and cross-sectional study. The samples were taken from 37 respondents who were selected using consecutive sampling technique. The instruments used in this research were MIR Spirolab Spirometer to measure the lung function and Camry Digital Handgrip Dynamometer to measure handgrip strength. The data was analyzed using Pearson correlation test. **Results:** The mean of handgrip strength is 39,04 kg, the mean of FEV1 predicted value is 104,7% and the mean of FVC predicted value is 102,75%. Pearson correlation test's results shows significant correlation between muscle strength and forced expiratory volume in 1 second (FEV1) ($p=0,004$; $r = 0,461$) and forced vital capacity (FVC) ($p=0$; $r = 0,582$) in which the correlation is considered weak ($r = 0,4-0,59$). **Conclusion:** There is a correlation between muscle strength and lung function on online motorcycle taxi drivers in Purwokerto.

Keywords : Muscle strength, FEV1 predicted value, FVC predicted value, online motorcycle taxi drivers