

STATUS VITAMIN D PEKERJA WANITA DI PABRIK TEKSTIL
(Vitamin D Status of Women Workers at Textile Factory)

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ABSTRAK

Salah satu sumber vitamin D pada manusia adalah dari sinar ultra violet B (UVB) matahari yang mengubah 7-dehidrokolesterol menjadi vitamin D3 (kolekalsiferol). Meskipun densitas paparan sinar matahari yang melimpah di negara tropis, namun tidak menjamin terpenuhinya kecukupan vitamin D masyarakat. Penelitian ini bertujuan untuk mengkaji status vitamin D pekerja wanita di pabrik tekstil. Studi cross-sectional dilakukan di perusahaan garmen di Kota Bogor, dengan subjek sebanyak 59 wanita. Serum vitamin 25(OH)D dianalisis dengan metode *Chemiluminescent Immunoassay* (CLIA), dengan kategori defisiensi <25 nmol/l. Hasil studi menunjukkan bahwa pekerja wanita yang berusia 35–45 tahun sebanyak 67,8%, dan hanya terpapar matahari kurang dari 30 menit/hari di hari kerja dan 70 menit/hari di waktu libur. Sebanyak 73% subjek biasa menggunakan baju pelindung tubuh saat ke luar rumah, dan 90% menyatakan sinar matahari tidak baik untuk kesehatan. Berdasarkan kategori serum vitamin 25 (OH)D tidak terdapat subjek dengan katagori cukup, sebanyak 30,5% defisiensi, 57,6% tidak cukup, dan 11,9% hipovitaminosis. Faktor yang diduga berpengaruh terhadap defisiensi vitamin D selain rendahnya paparan sinar matahari adalah rendahnya konsumsi pangan sumber vitamin D seperti ikan, susu, dan telur.

Kata kunci: Pekerja wanita, sinar matahari, vitamin D.

ABSTRACT

The ultraviolet B (UVB) is one of vitamin D sources which is exposing UVB into the skin convert 7-dehydrocholesterol to vitamin D3 (cholecalciferol). Abandon of sun exposure at the tropical countries including Indonesia are not linear with the low prevalence of vitamin D deficiency. The objective of the research was to study vitamin D status of woman workers. A cross sectional study was conducted at textile factory in Bogor City, with a total sample of 59 woman workers. Vitamin 25(OH)D serum was analyzed by *Chemiluminescent Immunoassay* (CLIA) and categorized as deficient for concentration <25 mmol/l. The results showed that number of woman workers aged 35–45 years old was 67.8%, they got sun exposure less than 30 minutes/day at working days and 70 minutes/day at holiday. A number of 73% used to wear clothes that cover their entire body and 90% considered sun exposure is not good for their health. No sample was categorized as adequate based on the vitamin 25(OH)D serum, and 30,5%, 57.6%, and 11.9% categorized as deficiency, insufficiency, an hypovitaminosis respectively. Risk factors which may affect the deficiency was low sun exposure and low consumption of vitamin D food source such as fish, milk, and egg.

Keywords: Women workers, sun exposure, vitamin D.