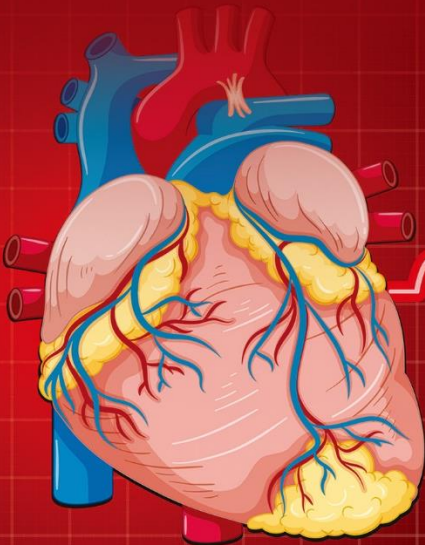


Harvina Sawitri, S.K.M., M.K.M.

PERILAKU SEDENTARI PADA PEKERJA DAN RISIKO PENYAKIT KARDIOVASKULAR



PERILAKU SEDENTARI PADA PEKERJA DAN RISIKO PENYAKIT KARDIOVASKULAR

Harvina Sawitri, S.K.M., M.K.M.



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PERILAKU SEDENTARI PADA PEKERJA DAN RISIKO PENYAKIT KARDIOVASKULAR

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KATA PENGANTAR EDITOR

Buku Perilaku Sedentari pada Pekerja dan Risiko Penyakit Kardiovaskular disusun sebagai respons atas meningkatnya perhatian terhadap determinan perilaku dan lingkungan kerja dalam pencegahan penyakit kardiovaskular. Perubahan pola kerja dan gaya hidup modern telah meningkatkan paparan perilaku sedentari, khususnya pada kelompok pekerja usia produktif, yang berdampak signifikan terhadap kesehatan jantung dan pembuluh darah.

Sebagai editor, kami menilai buku ini memiliki kontribusi penting dalam memperkaya literatur kesehatan masyarakat dan kesehatan kerja. Buku ini menyajikan sintesis ilmiah yang komprehensif, mengintegrasikan bukti epidemiologis, mekanisme biologis, serta analisis kebijakan dan strategi intervensi yang relevan dengan konteks nasional dan global. Pendekatan yang digunakan tidak hanya bersifat deskriptif, tetapi juga analitis dan aplikatif.

Struktur penulisan yang sistematis, penggunaan referensi ilmiah yang mutakhir, serta konsistensi gaya akademik menjadikan buku ini layak digunakan sebagai rujukan bagi akademisi, peneliti, praktisi kesehatan, dan pembuat kebijakan. Penekanan pada promosi dan pencegahan di tempat kerja memberikan nilai tambah dalam upaya pengendalian penyakit kardiovaskular secara berkelanjutan.

Kami berharap buku ini dapat memberikan manfaat nyata dalam pengembangan ilmu pengetahuan, perumusan kebijakan, dan praktik kesehatan masyarakat, khususnya dalam mendorong terciptanya lingkungan kerja yang lebih aktif dan sehat.

Editor,

Dr. dr. Nora Maulina, M.Biomed.
dr. Yuziani, M.Si.

KATA PENGANTAR PENULIS

Alhamdulillah, Rabbil A'lamin, segala puji dan rasa syukur penulis panjatkan kepada Allah SWT, Yang Maha Pengasih dan Penyayang, yang telah memberikan limpahan ilmu, petunjuk, serta hikmah kepada penulis, sehingga bisa menyelesaikan buku yang berjudul “Perilaku Sedentari pada Pekerja dan Risiko Penyakit Kardiovaskular” ini dapat diselesaikan dan hadir di tengah pembaca.

Buku ini dibuat berdasarkan hasil refleksi ilmiah mengenai perilaku sedentari dan risikonya terhadap penyakit kardiovaskular, khususnya pada pekerja. Buku ini diharapkan dapat memberikan kontribusi pada pengembangan ilmu pengetahuan, khususnya dalam bidang kesehatan kerja, ilmu kedokteran preventif, dan epidemiologi. Buku ini juga diharapkan dapat menambah referensi ilmiah mengenai hubungan antara perilaku sedentari dan risiko penyakit kardiovaskular, serta menjadi dasar dalam merumuskan kebijakan kesehatan kerja dan program promotif-preventif yang bertujuan mengurangi kejadian penyakit kardiovaskular akibat gaya hidup tidak aktif, terutama pada kelompok pekerja kantoran atau pekerja sektor formal.

Ucapan terima kasih disampaikan kepada semua pihak yang telah membantu, baik secara langsung maupun tidak langsung, dalam proses penulisan dan penerbitan buku ini. Semoga buku ini mampu memberikan manfaat yang besar dan menjadi sumber acuan penting dalam pengembangan pengetahuan dalam bidang kesehatan masyarakat di Indonesia.

Penulis,

Harvina Sawitri, S.K.M., M.K.M.

RINGKASAN EKSEKUTIF

Penyakit kardiovaskular (PKV) merupakan penyebab utama kematian dan disabilitas di dunia, termasuk di Indonesia, dengan kontribusi yang terus meningkat pada kelompok usia produktif. Dalam satu dekade terakhir, perhatian global terhadap determinan perilaku penyakit kardiovaskular semakin menguat, terutama terkait dengan meningkatnya perilaku sedentari sebagai konsekuensi dari modernisasi, digitalisasi kerja, dan perubahan struktur ketenagakerjaan. Buku ini disusun untuk memberikan pemahaman komprehensif mengenai hubungan perilaku sedentari dengan penyakit kardiovaskular, khususnya pada populasi pekerja, serta untuk merumuskan strategi kebijakan dan intervensi yang berbasis bukti dan kontekstual. Buku ini berangkat dari premis bahwa perilaku sedentari bukan sekadar bentuk kurangnya aktivitas fisik, melainkan determinan risiko kesehatan yang berdiri sendiri dan memiliki dampak fisiologis, metabolik, dan vaskular yang signifikan. Paparan sedentari yang berkepanjangan terbukti berkontribusi terhadap disfungsi endotel, resistensi insulin, dislipidemia, hipertensi, dan proses aterosklerosis, yang secara kumulatif meningkatkan risiko penyakit jantung koroner, stroke, dan kondisi kardiovaskular lainnya. Oleh karena itu, buku ini menempatkan perilaku sedentari sebagai isu sentral dalam pencegahan penyakit kardiovaskular modern.

Tinjauan epidemiologis yang disajikan dalam buku ini menunjukkan bahwa pekerja merupakan kelompok yang sangat rentan terhadap paparan sedentari, terutama pada sektor pekerjaan berbasis meja, administrasi, pendidikan, dan layanan publik. Data nasional dan internasional memperlihatkan bahwa prevalensi faktor risiko kardiovaskular seperti hipertensi, obesitas sentral, dislipidemia, dan diabetes lebih tinggi pada kelompok

pekerja dengan pola kerja statis dan durasi duduk yang panjang. Temuan ini menegaskan bahwa tempat kerja merupakan arena strategis untuk intervensi pencegahan penyakit kardiovaskular. Buku ini juga menyoroti adanya ketimpangan risiko berdasarkan jenis kelamin, usia, dan jenis pekerjaan. Pekerja laki-laki, pekerja usia menengah hingga lanjut, serta pekerja di sektor tertentu menunjukkan risiko yang lebih tinggi, sementara pekerja perempuan menghadapi tantangan spesifik terkait faktor biologis, peran ganda, dan akses terhadap promosi kesehatan. Analisis ini memperkuat pentingnya pendekatan kebijakan yang sensitif terhadap perbedaan demografis dan sosial.

Dalam konteks Indonesia, buku ini memberikan perhatian khusus pada data nasional, termasuk Riskesdas, Survei Kesehatan Indonesia, dan laporan resmi lembaga internasional. Analisis ini menunjukkan bahwa rendahnya tingkat aktivitas fisik dan tingginya perilaku sedentari berkontribusi signifikan terhadap beban penyakit tidak menular, termasuk penyakit kardiovaskular. Namun, kebijakan nasional yang ada masih cenderung berfokus pada aspek individual dan belum sepenuhnya mengintegrasikan pendekatan struktural di tempat kerja. Bagian penting dari buku ini adalah pembahasan mengenai strategi pencegahan dan intervensi. Buku ini menguraikan berbagai model promosi aktivitas fisik di tempat kerja, program workplace health promotion, intervensi berbasis bukti, serta pemanfaatan teknologi dan inovasi digital.

Pembahasan ini menegaskan bahwa intervensi yang efektif umumnya bersifat multi-komponen, menggabungkan perubahan lingkungan kerja, kebijakan institusi, dukungan manajerial, dan pemberdayaan pekerja. Lebih lanjut, buku ini menempatkan kebijakan sebagai instrumen kunci dalam pengendalian perilaku sedentari. Analisis kebijakan nasional dan daerah menunjukkan adanya peluang besar untuk integrasi isu sedentari ke dalam kebijakan kesehatan kerja, keselamatan dan kesehatan kerja (K3), serta pembangunan sumber daya manusia. Buku ini menekankan bahwa tanpa dukungan kebijakan yang jelas dan konsisten, intervensi berbasis perilaku akan sulit mencapai dampak populasi yang berkelanjutan. Rekomendasi kebijakan yang dirumuskan

dalam buku ini bersifat tajam, aplikatif, dan berjenjang, mencakup pemerintah, institusi, dan pekerja. Pemerintah direkomendasikan untuk memperkuat regulasi dan standar lingkungan kerja aktif, institusi didorong untuk mengimplementasikan kebijakan internal yang mendukung pengurangan sedentari, dan pekerja diposisikan sebagai agen aktif perubahan perilaku. Pendekatan ini mencerminkan paradigma kesehatan masyarakat modern yang menekankan kolaborasi lintas aktor.

Buku ini juga mengajukan agenda penelitian ke depan yang menekankan pentingnya studi longitudinal, intervensi berbasis konteks lokal, evaluasi kebijakan, serta integrasi data epidemiologis dengan pendekatan implementasi. Dengan demikian, buku ini tidak hanya bersifat deskriptif, tetapi juga prospektif, membuka arah pengembangan ilmu dan kebijakan di masa mendatang. Secara keseluruhan, buku ini memberikan kontribusi penting dalam memperkaya literatur kesehatan masyarakat dan kesehatan kerja di Indonesia dengan menempatkan perilaku sedentari sebagai determinan kunci penyakit kardiovaskular pada pekerja. Buku ini diharapkan menjadi rujukan strategis bagi pembuat kebijakan, akademisi, praktisi, dan institusi dalam merancang upaya pencegahan penyakit kardiovaskular yang lebih efektif, berkelanjutan, dan berkeadilan.

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PROFIL PENULIS



Harvina Sawitri, S.K.M., M.K.M., adalah dosen Fakultas Kedokteran Universitas Malikussaleh dengan latar belakang pendidikan Sarjana dan Magister Kesehatan Masyarakat dari Universitas Indonesia. Memiliki pengalaman akademik dalam pengajaran, penelitian, dan pengabdian masyarakat khususnya di bidang kesehatan masyarakat, epidemiologi, perilaku kesehatan, dan kesehatan kerja. Mata kuliah yang diampu meliputi Metodologi Penelitian dan Biostatistika, Ilmu Kedokteran Dasar dan Profesi, serta Kesehatan Masyarakat. Dalam kariernya, penulis aktif menghasilkan karya ilmiah melalui publikasi di jurnal nasional terakreditasi dan prosiding internasional, berpartisipasi sebagai pemakalah seminar ilmiah, serta menerbitkan buku akademik dan memperoleh HKI atas karya penelitian. Penulis juga terlibat dalam berbagai program pengabdian kepada masyarakat dan kegiatan peningkatan kapasitas akademik di tingkat institusi. Dengan komitmen pada penguatan riset dan pendidikan, penulis berfokus pada isu kesehatan publik, termasuk pencegahan penyakit tidak menular, kesehatan lingkungan, dan promosi kesehatan di tempat kerja.