

**IMPLEMENTATION OF AN OCCUPATIONAL HEALTH PROMOTION
PROGRAM AT A PLYWOOD FACTORY, CV TUMITAH, PAJANGAN,
BANTUL, 2025**

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ABSTRACT

Background: Occupational diseases have become a significant concern in the long term after work activities are carried out. The plywood industry presents various potential hazards that can affect safety, health, and environmental quality. Based on observations at CV Tumitah, several workers reported health complaints such as gastric disorders and respiratory issues. This situation highlights the need for occupational health promotion to protect workers and the environment from work-related hazards at CV Tumitah.

Objective: To describe the implementation of occupational health promotion programs at CV Tumitah in 2025.

Method: This research is a descriptive study using both quantitative and qualitative methods. Data were collected through interviews and questionnaires involving 78 respondents.

Results: At CV Tumitah, there are four occupational health promotion activities: smoking prohibition, use of clean water, use of personal protective equipment (PPE), and occupational safety and health (OSH) socialization. The most frequently implemented strategy is the promotion of a healthy lifestyle, such as avoiding smoking. The main challenges in implementing the program include a lack of information and low interest among workers. Some respondents reported improved health conditions and a more comfortable work environment; however, reductions in stress and illness rates were not significant.

Conclusion: The occupational health promotion program at CV Tumitah has been implemented, particularly in terms of smoking prohibition, PPE use, and OSH socialization, but its coverage is still limited and the implementation frequency is low. The main obstacles include a lack of understanding and awareness about the health promotion program. Nevertheless, the program has provided positive benefits such as improved health and a better work environment, and thus needs to be enhanced consistently and comprehensively.

Keywords: Occupational diseases, Plywood industry, Health promotion.

IMPLEMENTASI PROGRAM PROMOSI KESEHATAN KERJA PABRIK TRIPLEK DI CV TUMITAH PAJANGAN BANTUL TAHUN 2025

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INTISARI

Latar Belakang: Penyakit akibat kerja menjadi perhatian penting saat ini dalam jangka panjang setelah aktivitas berlangsung. Industri triplek memiliki berbagai potensi bahaya yang dapat mempengaruhi keselamatan, kesehatan dan kualitas lingkungan. Berdasarkan hasil observasi di CV Tumitah ada beberapa pekerja yang mempunyai keluhan seperti gangguan asam lambung hingga gangguan paru paru. Kondisi ini diperlukan promosi kesehatan kerja untuk melindungi pekerja dan lingkungan dari bahaya terkait pekerja di CV Tumitah.

Tujuan Penelitian: Mengetahui gambaran implementasi program promosi kesehatan kerja di CV Tumitah tahun 2025.

Metode Penelitian: Jenis penelitian ini adalah deskriptif dengan menggunakan metode kuantitatif dan kualitatif. Pengambilan data penelitian ini melalui wawancara dan kuesioner terhadap 78 responden

Hasil Penelitian: Di CV Tumitah, terdapat 4 jenis kegiatan promosi kesehatan kerja yaitu larangan merokok, penggunaan air bersih, penggunaan APD, dan sosialisasi K3. Strategi yang paling sering diterapkan adalah penerapan gaya hidup sehat seperti tidak merokok. Kendala utama dalam pelaksanaan program ini adalah kurangnya informasi dan minat dari pekerja. Sebagian responden merasakan kondisi kesehatan meningkat dan lingkungan kerja lebih nyaman, namun penurunan stres dan tingkat sakit belum signifikan.

Kesimpulan: Program promosi kesehatan kerja di CV Tumitah sudah diterapkan terutama dalam larangan merokok, penggunaan APD, dan sosialisasi K3, namun cakupannya masih terbatas dan frekuensi pelaksanaannya rendah. Kendala utama meliputi kurangnya pemahaman, pemahaman mengenai program promkes. Meskipun demikian, program ini memberikan manfaat positif seperti peningkatan kesehatan dan lingkungan kerja, sehingga perlu ditingkatkan secara konsisten dan menyeluruh.

Kata Kunci: Penyakit akibat kerja, Industri triplek, Promosi kesehatan