

LOW PHYSICAL ACTIVITY WORK-RELATED AND OTHER RISK FACTORS INCREASED RISK POOR PHYSICAL FITNESS AMONG CEMENT WORKERS

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Background:

Low physical activity related to poor physical fitness, which leads to low productivity. The objective of this study was to determine the effect of low work-related physical activity and several other risk factors on physical fitness.

Methods:

This study was carried out in February 2008. Subjects were workers of 15 departments in PT Semen Padang, West Sumatera (Indonesia). Data on physical activities were collected using the special questionnaire based on Student Field Work I Guidebook and Hypertension– Geriatric Integrated Program of Faculty of Medicine, Universitas Indonesia 2003. Physical fitness was measured using Harvard Step Test.

Results:

A number of 937 male workers aged 18–56 years participated in this study. Poor physical fitness was 15.9% of the subjects. Low work-related physical activity, smoking, lack of exercise, hypertension, diabetes mellitus, and asthma were dominant risk factors related to poor physical fitness. Subject with low compared to high work-related activity had a ten-fold risk of poor physical fitness [adjusted odds ratio (ORa)=10.71; 95% confidence interval (CI)=4.71–24.33]. In term of physical exercise, subjects who had did not have compared to who had physical exercise had a six-fold risk of poor physical fitness (ORa=6.30; 95% CI=3.69-10.75).

Conclusion:

Low work-related physical activities, smoking, lack of exercise, hypertension, diabetes mellitus and asthma were correlated to poor physical fitness. It is, among others, therefore necessary to implement exercises for workers with poor physical fitness.

Keywords:

Exercise test, occupational health, physical fitness

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