

EFFECT OF PREGNANCY ON WORKING WOMEN IN WILAYAH PERSEKUTUAN KUALA LUMPUR, 1998

KESAN MENGANDUNG TERHADAP PEKERJA WANITA DI WILAYAH PERSEKUTUAN KUALA LUMPUR, 1998

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ABSTRACT

A stratified cross-sectional study to determine the prevalence of fatigue, numbness and tingling of the hands, backache, leg edema and varicose veins among three groups of women (i.e. pregnant worker, non pregnant worker and housewife) was carried out in June until August 1999 in Wilayah Persekutuan Kuala Lumpur. The pregnant women were those registered with the D.B.K.L. antenatal clinic while the non pregnant group were D.B.K.L office workers in Jalan Raja Laut. About 89.8% (404 respondent) out of the planned 450 respondents, participated in the study. The result showed that among the non pregnant women the prevalence of fatigue was 54.90%, that of numbness and tingling of the hands 12.9%, backache 22.0%, edema 4.0% and varicose veins 8.7%. Among the pregnant women the prevalence of fatigue was 77.2% (housewife) and 84.1% (worker), numbness and tingling of the hands was 30.9% (housewife) and 31.9% (worker), backache was 63.8% (housewife) and 69.0% (worker), leg edema was 30.2% (housewife) and 39.8% (worker) and varicose veins was 20.4% (worker) and 24.2% (housewife). Prevalence of all symptoms differed in the 3 groups except numbness and tingling of the hands ($p=0.626$). The incidence of physical changes was as followed: 30.5% of the numbness and tingling of the hands occurred during the second trimester while 62.5% occurred during the third trimester, for backache 36.8% occurred during the second trimester and 57.4% occurred in the third trimester, for leg edema 17.8% occurred during the second trimester and 81.1% happened during the third trimester. The incidence of varicose vein during the second trimester was 40.7% and at the third trimester 39.00%. 22.12% of pregnant women reported reduce production as compared with non-pregnant women 14.9%. The prevalence of stress was significantly higher in the pregnant women (74.4%) compared with the non pregnant women (61.3%). The study showed that abortion was more frequent in the working women (mean 0.25 ± 0.51 for pregnant worker and 0.42 ± 0.88 for non pregnant worker) than in the housewife (0.17 ± 0.45). In summary pregnancy increases the occurrence of physical signs of fatigue, numbness and tingling of the hands, backache, leg edema and varicose veins. It also increases the prevalence of stress and reduces productivity. To overcome these problems the following suggestions are made: that pregnant women- should be allowed to work flexi time, be given job adjustment when necessary, and the work place be made more conducive by having proper resting places so that pregnant women can lie down or rest their feet. It is also suggested that they should be given proper health guidelines on how to overcome the physical problems mentioned.

ABSTRAK

Satu kajian irisan lintang berstratum telah dijalankan di Wilayah Persekutuan Kuala Lumpur pada bulan Jun hingga Ogos 1999 untuk menentukan prevalens letih, kebas tangan, sakit belakang, bengkak kaki dan vena varikos di kalangan 3 golongan wanita iaitu pekerja dan suri rumah mengandung yang berdaftar dengan klinik ibu mengandung D.B.K.L (Dewan Bandaraya Kuala Lumpur) dan pekerja tidak mengandung di pejabat-pejabat D.B.K.L Jalan Raja Laut. Seramai 404 orang (89.8%) daripada 450 responden yang dicadangkan telah mengambil bahagian. Hasil kajian menunjukkan prevalens letih ialah 54.9%, kebas tangan 12.9%, sakit belakang 22.0%, bengkak kaki 4.0% dan vena varikos 8.7% dikalangan wanita, tak mengandung. Dikalangan wanita mengandung pula prevalens mengalami letih ialah 77.2% (suri rumah) dan 84.1% (pekerja), kebas tangan 30.9% (suri rumah) dan 31.9% (pekerja), sakit belakang 63.8% (suri rumah) dan 69.0% (pekerja), bengkak kaki 30.2% (suri rumah) dan 39.8% (pekerja) dan vena varikos 20.4% (pekerja) dan 24.2% (suri rumah). Didapati keadaan fizikal letih, sakit belakang, bengkak kaki dan vena varikos berbeza di tiga golongan yang dikaji ($p<0.05$), melainkan kesan kebas tangan ($p=0.626$). Bagi wanita mengandung untuk kebas tangan 30.5% berlaku pada trimester kedua dan 62.2% pada trimester ketiga, sakit belakang 36.8% bermula pada trimester kedua dan 57.4% pada trimester ketiga, bengkak kaki 17.8% berlaku pada trimester kedua dan 81.1% pada trimester ketiga dan vena varikos pula 40.7% bermula pada trimester kedua dan 39.0% pada trimester ketiga. Kajian ini juga menunjukkan 22.1% daripada pekerja mengandung menyatakan kurang hasil kerja berbanding dengan pekerja tak mengandung 4.9% (yang menyatakan kurang hasil kerja). Prevalens wanita mengandung yang tertekan (74.4%) adalah lebih banyak daripada pekerja tak mengandung (61.3%) dan perbezaan ini adalah signifikan ($p<0.05$). Kejadian keguguran adalah lebih tinggi dikalangan wanita bekerja (min. 0.25 ± 0.51 bagi pekerja mengandung dan min. 0.42 ± 0.88 pekerja tak mengandung) dibandingkan dengan suri rumah (min. 0.17 ± 0.45 nilai $p<0.05$). Dengan ini dapatlah dirumuskan bahawa wanita mengandung khususnya pekerja mengandung lebih banyak mengalami kesan fizikal iaitu letih, kebas tangan, sakit belakang, bengkak kaki dan vena varikos serta mengalami lebih tekanan mental dan merasa tidak selesa semasa melakukan kerja harian. Cara untuk mengatasi atau mengurangkan bebanan yang ditanggung oleh golongan pekerja wanita yang mengandung ini hendaklah diambil kira seperti mengadakan waktu anjal dan menyediakan persekitaran kerja yang lebih selesa.