

**POLTEKKES KEMENKES TANJUNGPINANG
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Fildzah Ghoitsani Iffah

Perbedaan Aktivitas Enzim SGOT dan SGPT pada Karyawan Shift dan non Shift di PT Hakaaston (HKA) Tahun 2025

xv + 25, 4 tabel, dan 13 lampiran

ABSTRAK

Shift kerja dapat mempengaruhi ritme sirkadian tubuh yang berdampak terhadap fungsi fisiologis, termasuk fungsi hati. Penelitian ini bertujuan untuk mengetahui perbedaan aktivitas enzim SGOT (*Serum Glutamic Oxaloacetic Transaminase*) dan SGPT (*Serum Glutamic Pyruvate Transaminase*) pada karyawan shift dan non shift di PT Hakaaston (HKA) tahun 2025. Desain penelitian yang digunakan adalah analitik dengan pendekatan *case control*. Sampel terdiri dari 70 karyawan yang dibagi secara merata antara kelompok shift dan non shift, menggunakan teknik quota sampling. Data diperoleh melalui hasil pemeriksaan SGOT dan SGPT serta dianalisis dengan uji Independen Sample T Test. Hasil menunjukkan rata-rata SGOT pada karyawan shift sebesar 31,09 U/L dan SGPT sebesar 35,54 U/L, sedangkan pada karyawan non shift masing-masing sebesar 20,63 U/L dan 21,57 U/L. Uji statistik menunjukkan nilai $p < 0,05$ untuk kedua enzim, yang menandakan terdapat perbedaan signifikan antara kedua kelompok.

Kata Kunci : Fungsi Hati, Karyawan, SGOT, SGPT, Shift Kerja
Daftar bacaan : 23 (2010-2024)

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Fildzah Khoitsani Iffah

Differences in SGOT and SGPT Enzyme Activity Between Shift and Non-Shift Workers at PT Hakaaston (HKA) in 2025

xv + 25, 4 tables, and 13 appendices

ABSTRACT

Shift work can disrupt the body's circadian rhythm, potentially affecting various physiological functions, including liver function. This study aims to determine the differences in SGOT (*Serum Glutamic Oxaloacetic Transaminase*) and SGPT (*Serum Glutamic Pyruvate Transaminase*) enzyme activity between shift and non-shift workers at PT Hakaaston (HKA) in 2025. This is an analytical study with a *case control* design. A total of 70 employees were selected using quota sampling, evenly divided into shift and non-shift groups. Data were collected from laboratory results of SGOT and SGPT levels and analyzed using the Independent Sample T-Test. The results showed that the average SGOT level in shift workers was 31.09 U/L and SGPT was 35.54 U/L, while in non-shift workers, SGOT was 20.63 U/L and SGPT was 21.57 U/L. Statistical analysis revealed p-values < 0.05 for both enzymes, indicating significant differences between the two groups.

Keywords : Liver Function, Employees, SGOT, SGPT, Shift Work
Reading List : 23 (2010-2024)