

## Description of the pulmonary capacity of the parking workers at PT. Fajar Graha Pena Makassar.

Sitti Rakhmah Ahmad; SittiFRahmansyah .; Ernawaty .

### Abstract

Pulmonary capacity is the maximum amount of air a person can expel from the pulmonary determined by the development of the respiratory system.. This study aims to describe the pulmonary capacity of the parking workers at PT FajarGraha Pena in Makassar. This descriptive study used an exploratory approach. Respondents were 9 people obtained by a total sampling technique. Quantitative research method was applied in data collection. Data were acquired using questionnaires and spirometry. The results showed that three out of nine respondents experienced decreased pulmonary capacity. Pulmonary capacity was influenced by several variables including sex, sleeping pattern, smoking habit, exercise, and air pollution. Mostly, decreased pulmonary capacity was influenced by smoking habit and irregular sleeping pattern. In order to prevent decreased pulmonary capacity, parking workers are suggested to change their living habits and the company management is recommended to revise the working hours policy.

Keywords:

Pulmonary pulmonary capacity parking workers