

ABSTRACT

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Title : Factors Associated with Work Fatigue to Workers of Gas Station Operator in Jatiwung Village 2018

Work fatigue is a complete criterion not only concerning physical and psychological fatigue but more in related to decrease in physical performance, feeling tired, decreased motivation, decreased work productivity and decreased concentration of work. From the results of a preliminary study on 10 workers part of the gas station operator in Jatiwung Village, all of whom felt tired. This study aims to determine the factors associated with work fatigue to workers of gas station operator in Jatiwung Village 2018. This study used a Cross Sectional research design conducted in April to December 2018 with a sample of 42 operators. The data used are primary data and secondary data. The instruments used were questionnaires, scales and body meters. The work fatigue data collection technique uses the Industrial Fatigue Research Committee (IFRC) questionnaire. The results showed that 27 operators (64.3%) experienced severe fatigue and 15 operators (35.7%) experienced moderate fatigue, where most experienced symptoms of weakening activities and physical weakness. Based on the results of statistical tests prove that the variables of age (P value = 0.030), nutritional status (P value = 0.001), and sleep duration ((P value = 0.046) are associated with work fatigue. To reduce the risk of work fatigue, it is advisable to pay more attention to healthy lifestyles such as consumption of nutritious food, exercise, adequate rest, drink more water and think positively.

Key Words : Fatigue, Questionnaire of IFRC, SPBU
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