

ABSTRACT

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Study Program : Public Health

Title : Factors Associated with Fatigue in Transport-Lifting Workers at the Pasar Kebayoran Lama White Brick in South Jakarta in 2018

Fatigue is a pretty important problem to note, because fatigue can affect the decrease in worker productivity and concentration in the workplace. Lifting workers are one of the jobs that are at risk of experiencing work fatigue. The purpose of this study was to analyze the factors associated with work fatigue in lift-up workers in the White Brick Solidarity in 2018. This study used a cross-sectional design with observational analysis. The population in this study were all transporters totaling 42 workers. The sample in this study is total sampling. The results of fatigue measurements showed that 47.3% were high fatigue, moderate fatigue was 38.1% and fatigue was low 14.3%. From these results, it can be seen that the majority of workers experience high employment rates. Based on statistical tests using chi-square analysis, it was found that there was a relationship between age and work fatigue with ($p=0.04$), there was a relationship between workload and work fatigue with ($p=0.03$), there was a relationship between work periods and work fatigue with ($p=0.04$). Providing counseling about ergonomic work attitudes. In need of adequate rest time and stretching the muscles.

Keywords: Fatigue, Age, Workload, Work Period.

xi + 57 pages; 5 pictures; 15 tables

Library: 45 (1987-2017).