

ABSTRAK

Nama : Ario Rukmantoro
Program Studi : Kesehatan Masyarakat
Judul : Hubungan Faktor Individu dan Beban Kerja Mental dengan Kelelahan Kerja pada Karyawan PT MMI di Departemen Pharmacy Delivery tahun 2020.

Tujuan Penelitian : Kelelahan merupakan proses alami tubuh dan yang dihindari karena bisa mengurangi kualitas dan konsentrasi dalam bekerja. Faktor yang menyebabkan kelelahan yaitu beban kerja. Beban kerja berupa beban fisik maupun beban mental. Beban kerja mental sebagai penyesuaian antara beban kerja dengan kemampuan dari pekerja sangatlah penting demi menunjang tingkat produktivitas dari perusahaan.

Tujuan : Untuk mengetahui Hubungan Faktor Individu dan Beban Kerja Mental dengan Kelelahan Kerja pada Karyawan PT MMI di Departemen Pharmacy Delivery tahun 2020.

Metode : Desain penelitian yang diterapkan adalah kuantitatif dengan pendekatan *Cross Sectional*. Penelitian dilakukan di PT MMI *Pharmacy Delivery* terdiri dari 3 tim yaitu tim katalog, tim apotek dan tim *quality* tahun 2020, jumlah sampel 40 karyawan. Teknik pengambilan sampel menggunakan total sampling. Metode analisis menggunakan uji *chi-square* dengan derajat kepercayaan 95% (0,05)

Hasil : Ada hubungan antara beban kerja mental dengan kelelahan karyawan P-Value (0,041 < 0,05)

Kesimpulan : Terdapat pengaruh usia dan beban kerja mental terhadap kelelahan kerja

Saran : Pengaturan tugas ulang, jam istirahat on time, karyawan usia >40 tahun ada jeda istirahat, pinalty kepada karyawan yang mengakhiri kontrak kerja kurang dari 2 tahun dan program olahraga ringan berupa senam peregangan otot.

Kata kunci: Faktor Individu, Beban Kerja Mental, Kelelahan Kerja, *Pharmacy Delivery*

Pustaka : 77 (1988-2017)

ABSTRACT

Name : Ario Rukmantoro
Study Program : Public Health
Title : *Relationship between Individual Factors and Mental Workload and Work Fatigue in PT MMI Employees in the Pharmacy Delivery Department in 2020*

Research Objective: *Fatigue is a natural process of the body and is a process that is avoided by workers because it can reduce the quality and concentration at work. One of the factors that cause fatigue is workload. The workload can be in the form of physical or mental loads. Mental workload as an adjustment between workload and the abilities of workers is very important to support the productivity level of the company.*

Objective: *To determine the relationship between individual factors and mental workload and work fatigue among PT MMI employees in the Pharmacy Delivery Department in 2020.*

Methods: *The research design applied was quantitative with a cross sectional approach. Researchers were conducted at PT MMI Pharmacy Delivery department consisting of 3 teams, namely the catalog team, pharmacy team and quality team in 2020, with a sample size of 40 employees. The sampling technique used total sampling. Then analyzed using the chi-square test with a confidence degree of 95% (0.05).*

Results: *The results showed that there was a relationship between age and employee fatigue P-Value (0.017 <0.05). That there is a relationship between mental workload and employee fatigue P-Value (0.041 <0.05)*

Conclusion: *There is an effect of age and mental workload on work fatigue*

Suggestion: *Rehabilitate mental workloads, namely rearranging tasks, providing on-time rest hours, especially for employees > 40 years of age are given a break every 3 hours, giving penalties to employees who terminate work contracts less than 2 years and light exercise programs in the form of stretching exercises* **Keywords:** *Indiv Factors, Mental Workload, Work Fatigue, Pharmacy Dept*

References : 77 (1988-2017)