

## ABSTRAK

Kelelahan kerja merupakan permasalahan umum yang sering dijumpai pada tenaga kerja. Dampak kelelahan kerja yaitu menurunnya perhatian, lambat dan sukar berpikir, penurunan motivasi untuk bekerja, penurunan kewaspadaan, menurunnya konsentrasi dan ketelitian, performa kerja rendah, kualitas kerja rendah, dan menurunnya kecepatan reaksi. Berdasarkan hasil studi pendahuluan yang dilakukan oleh peneliti berdasarkan *subjective self rating test* dari *Industrial Fatigue Research Committee (IFRC)* diketahui dari 10 pekerja di Instalasi Gizi RS Advent Bandung di peroleh hasil 8 (80%) pekerja menderita kelelahan dengan keluhan merasakan kaki terasa berat, bahu terasa kaku dan merasa nyeri di bagian punggung. Penelitian ini bertujuan untuk mengetahui gambaran kelelahan pada pekerja di Instalasi Gizi RS Advent Bandung Tahun 2022. Penelitian ini menggunakan desain *cross sectional* dengan besar sampel 30 pekerja, teknik pengambilan sampel menggunakan metode *Total sampling* dengan analisis data univariat. Alat ukur yang digunakan menggunakan kuisisioner IFRC. Penelitian dilakukan bulan Januari – Juli 2022. Hasil univariat proporsi tertinggi kelelahan adalah sebanyak 18 responden (40%) mengalami kelelahan sedang, proporsi pelemahan kegiatan yang tertinggi yaitu pada pelemahan kegiatan rendah sebanyak 16 responden (53.3%), proporsi pelemahan motivasi yang tertinggi yaitu pelemahan motivasi rendah sebanyak 16 responden (53.3%), dan proporsi pelemahan fisik yang tertinggi yaitu sebesar 17 responden (56.7%). Diharapkan RS Advent Bandung dapat mempertahankan kebijakan yang telah di buat dan diberikan perhatian khusus oleh pihak manajemen mengenai permasalahan yang ada atau diberikan training mengenai bahaya kelelahan kerja.

**Kata Kunci :** Kelelahan, pelemahan kegiatan, pelemahan motivasi, pelemahan fisik

## **ABSTRACT**

*Work fatigue is a common problem that is often found in workers. The effects of work fatigue are decreased attention, slow and difficult thinking, decreased motivation to work, decreased alertness, decreased concentration and accuracy, low work performance, low work quality, and decreased reaction speed. Based on the results of a preliminary study conducted by researchers based on subjective self-rating tests from the Industrial Fatigue Research Committee (IFRC), it is known that from 10 workers in the Nutrition Installation of Adventist Hospital Bandung, 8 (80%) workers suffer from fatigue with complaints of feeling heavy legs, shoulders feel stiff and feel pain in the back. This study aims to determine the description of fatigue in workers at the Nutrition Installation of Adventist Hospital Bandung in 2022. This study used a cross sectional design with a sample size of 30 workers, the sampling technique used the total sampling method with univariate data analysis. The measuring instrument used is the IFRC questionnaire. The study was conducted in January – July 2022. The univariate results showed that the highest proportion of fatigue was 18 respondents (40%) experiencing moderate fatigue, the highest proportion of activity attenuation was at low activity attenuation as many as 16 respondents (53.3%), the highest proportion of attenuated motivation was at 16 respondents (53.3%), and the highest proportion of physical attrition were 17 respondents (56.7%). It is hoped that the Bandung Adventist Hospital can maintain the policies that have been made and given special attention by the management regarding existing problems or given training on the dangers of work fatigue.*

**Keywords:** *Fatigue, weakening of activities, weakening of motivation, weakening of physical*