ABSTRAK

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Program studi : Kesehatan Masyarakat

Judul   : Faktor – Faktor yang Berhubungan dengan Kelelahan

                      Kerja Pada Pekerja Bongkar Muat di PT. Samudera

                      Bahana Tahun 2022

Dari studi pendahuluan yang dilakukan pada 10 pekeja diketahui 50% mengalami kelalahan sedang, dan 30% dengan kelelahan tinggi. Tujuan dari penelitian ini adalah untuk mengetahui faktor-faktor yang berhubungan dengan kelelahan kerja pada pekerja bongkar muat kapal. Jenis penelitian yang digunakan adalah *cross sectional* dengan pendekatan kuantitatif. Penelitian ini dilakukan di bulan Januari 2023. Responden dalam penelitian ini adalah 62 pekerja bongkar muat di PT. Samudera Bahana dengan menggunakan metode pengambilan sampel *total sampling*. Analisa data dilakukan dengan uji univariat dan bivariat dengan menggunakan uji statistic chi-square dengan $\alpha=0.05$. Kesimpulan dari hasil penelitian ini menunjukkan pekerja bongkar muat di PT. Samudera Bahana mengalami kelelahan kerja rendah sebanyak 44 orang (71%) dan kelelahan tinggi sebanyak 18 orang (29%), umur muda sebanyak 30 orang (48.4%) dan umur tua sebanyak 32 orang (51.6%), beban kerja tidak berlebih sebanyak 54 orang (87.1%) dan beban kerja berlebih sebanyak 8 orang (12.9%), masa kerja baru sebanyak 16 orang (25.8%) dan masa kerja lama sebanyak 46 orang (74.2%), status gizi tidak beresiko sebanyak 47 orang (75.8%) dan masa kerja beresiko sebanyak 15 orang (24.2%), *shift* kerja tidak beresiko sebanyak 35 orang (56.5%) dan beresiko sebanyak 27 orang (43.5%). Berdasarkan analisa bivariat diperoleh hasil bahwa ada hubungan antara umur dengan kelelahan kerja (p=0.018), ada hubungan antara beban kerja dengan kelelahan kerja (p=0.039), ada hubungan antara masa kerja dengan kelelahan kerja (p=0.025), tidak ada hubungan antara status gizi dengan kelalahan kerja (p=0.108), dan ada hubungan antara *shift* kerja dengan kelelahan kerja (p=0.039).

Kata kunci: kelelahan kerja, umur, beban kerja, masa kerja, status gizi, *shift* kerja

6 BAB, halaman, gambar, tabel, lampiran

Pustaka : 34 (2010-2022)

ABSTRACT

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Major : Public Health

Judul : Factors Related to Work Fatigue in the stevedore worker
PT. Samudera Bahana 2022

From a preliminary study conducted on 10 workers, it was found that 50% experienced moderate fatigue, and 30% experienced high fatigue. The purpose of this study was to determine the factors associated with work fatigue in ship loading and unloading workers. The type of research used is cross sectional with a quantitative approach. This research was conducted in January 2023. Respondents in this study were 62 loading and unloading workers at PT. Samudera Bahana by using the total sampling method of sampling. Data analysis was carried out by univariate and bivariate tests using the chi-square statistical test with $\alpha = 0.05$. The conclusion from the results of this study shows that loading and unloading workers at PT. Samudera Bahana experienced low fatigue as many as 44 people (71%) and high fatigue as many as 18 people (29%), young age as many as 30 people (48.4%) and old age as many as 32 people (51.6%), not excessive workload as much as 54 people (87.1%) and excessive workload of 8 people (12.9%), new work period of 16 people (25.8%) and long work period of 46 people (74.2%), nutritional status is not at risk of 47 people (75.8%) and 15 people (24.2%) worked at risk, 35 people (56.5%) did not have risky work shifts and 27 people (43.5%) were at risk. Based on the bivariate analysis, the results showed that there was a relationship between age and work fatigue (p=0.018), there was a relationship between workload and work fatigue (p=0.039), there was a relationship between years of service and work fatigue (p=0.025), there was no relationship between nutritional status and work fatigue (p=0.108), and there is a relationship between work shifts and work fatigue (p=0.039).

Keywords: work fatigue, age, work load, year of service, nutritional status, work shift

6 Chapter, pages, pictures, tables, appendix

Reference : 34 (2010-2022)