DETERMINAN KELELAHAN KERJA PADA PEKERJA PABRIK MAKANAN DI MASA PANDEMI COVID-19 TAHUN 2022

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Abstrak

Kelelahan kerja merupakan risiko pendorong kecelakaan kerja yang terjadi ketika melakukan pekerjaan. Faktor internal dan eksternal merupakan faktor penyebab kelelahan kerja. Penelitian ini bertujuan untuk menganalisis determinan kelelahan kerja pada pekerja pabrik makanan di masa pandemi COVID-19. Jenis penelitian ini adalah penelitian analitik kuantitatif dengan pendekatan *cross-sectional*. Subjek penelitian pekerja divisi *packing* berjumlah 100 orang dengan metode *purposive sampling*. Teknik pengumpulan data penelitian menggunakan kuesioner IFRC serta mengukur tinggi dan berat badan pekerja. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi Square*. Hasil penelitian didapatkan bahwa sebanyak 70% pekerja mengalami kelelahan kerja kategori sedang. Hasil analisis menunjukkan terdapat hubungan signifikan antara umur (*p-value*=0,044; POR=0,36), tingkat pendidikan (*p-value*=0,049; POR=0,13), durasi kerja (*p-value*=0,035; POR=3,39), dan *shift* kerja (*p-value*=0,023; POR=0,32) dengan kelelahan kerja. Sedangkan jenis kelamin (*p-value*=0,280; POR=0,40), status pernikahan (*p-value*=0,088; POR=0,42), kuantitas tidur (*p-value*=0,700; POR=1,34), status gizi (*p-value*=0,353; POR=1,69), dan masa kerja (*p-value*=0,237; POR=0,54) tidak terdapat hubungan signifikan dengan kelelahan kerja. Oleh karena itu, perusahaan harus mengatur durasi jam kerja sesuai dengan peraturan yang berlaku dan melakukan pembagian 3 *shift* kerja kembali.

Kata Kunci : Durasi Kerja, Kelelahan Kerja, Pabrik Makanan, Pekerja *Packing*, *Shift* Kerja

DETERMINANTS OF WORK FATIGUE IN FOOD FACTORY WORKERS DURING THE COVID-19 PANDEMIC YEAR 2022

Fina Budi Rahayu

Abstract

Work fatigue is a risk that drives work accidents that occur when doing work. Internal and external factors are contributing factors to work fatigue. This study aims to analyze the determinants of work fatigue in food factory workers during the COVID-19 pandemic. This type of research is quantitative analytical research with a cross-sectional approach. The research subjects of the packing division workers totaled 100 people using the purposive sampling method. The research data collection technique uses IFRC questionnaires and measures the height and weight of workers. The datais analyst was performed univariately and bivariately using the Chi Square test. The results of the study found that as many as 70% of workers experienced moderate category work fatigue. The results of the analysis showed that there was a significant relationship between ages (p-value= 0.044; POR=0.36), education level (p-value=0.049; POR=0.13), duration of work (p-value=0.035; POR=3.39), and work shift (p-value=0.023; POR=0.32) with work fatigue. While gender (p-value = 0.280; POR=0.40), marital status (p-value=0.088; POR=0.4 2), sleep quantity (p-value=0.700; POR=1.34), nutritional status (p-value=0.353; POR=1.69), and length of service (p-value=0.237; POR=0.54) there was no significant association with work fatigue. Therefore, the company must regulate the duration of working hours in accordance with the applicable rules and carry out the division of 3 shifts again.

Keywords : Work Duration, Work Fatigue, Food Factory, Packing Worker, Work Shift