

ANALISIS HUBUNGAN KELELAHAN KERJA DAN KEBIASAAN MENGEMUDI TERHADAP RISIKO KECELAKAAN PADA PENGEMUDI TRUK DI PT BP TRANSPORTASI LOGISTIK

Naila Afriani

Abstrak

Kecelakaan lalu lintas pada sektor transportasi logistik banyak dipengaruhi oleh faktor manusia, terutama kelelahan kerja dan kebiasaan mengemudi. Pengemudi truk memiliki risiko tinggi mengalami kelelahan akibat jam kerja yang panjang dan beban kerja yang tinggi. Penelitian ini bertujuan menganalisis tingkat kelelahan kerja, kebiasaan mengemudi, serta hubungan keduanya terhadap risiko kecelakaan lalu lintas pada pengemudi truk di PT BP Transportasi Logistik. Penelitian menggunakan pendekatan kuantitatif dengan desain *cross-sectional* terhadap 30 pengemudi truk. Data dikumpulkan menggunakan *Subjective Self Rating Test* (SSRT), *Bourdon Wiersma Test*, *Driver Behaviour Questionnaire* (DBQ), dan Kuesioner Risiko Kecelakaan Lalu Lintas. Analisis hubungan antar variabel dilakukan menggunakan *Structural Equation Modeling-Partial Least Square* (SEM-PLS). Hasil penelitian menunjukkan bahwa tingkat kelelahan kerja pengemudi berada pada kategori sedang hingga tinggi. Kelelahan kerja berpengaruh signifikan terhadap risiko kecelakaan lalu lintas ($p\text{-value} = 0.018$), sedangkan kebiasaan mengemudi tidak berpengaruh signifikan ($p\text{-value} = 0.138$). Oleh karena itu, perusahaan disarankan menerapkan *Fatigue Management System* (FMS), pengaturan jam kerja dan istirahat, program kesehatan kerja, serta *monitoring* perilaku mengemudi untuk mengurangi kelelahan dan menurunkan risiko kecelakaan lalu lintas.

Kata Kunci : Kelelahan Kerja, Kebiasaan Mengemudi, Risiko Kecelakaan Lalu Lintas.

***ANALYSIS OF THE RELATIONSHIP BETWEEN WORK
FATIGUE AND DRIVING BEHAVIOR ON ACCIDENT RISK
AMONG TRUCK DRIVERS AT PT BP TRANSPORTASI
LOGISTIK***

Naila Afriani

Abstract

Traffic accidents in the logistics transportation sector are largely influenced by human factors, particularly work fatigue and driving behavior. Truck drivers are at a high risk of experiencing fatigue due to long working hours and heavy workloads. This study aimed to analyze the level of work fatigue, driving behavior, and their relationship with the risk of traffic accidents among truck drivers at PT BP Transportasi Logistik. This study employed a quantitative approach with a cross-sectional design involving 30 truck drivers. Data were collected using the Subjective Self Rating Test (SSRT), Bourdon Wiersma Test, Driver Behaviour Questionnaire (DBQ), and the Traffic Accident Risk Questionnaire. The relationships among variables were analyzed using Structural Equation Modeling–Partial Least Squares (SEM-PLS). The results showed that the drivers experienced moderate to high levels of work fatigue. Work fatigue had a significant effect on the risk of traffic accidents (p -value = 0.018), while driving behavior had no significant effect (p -value = 0.138). Therefore, the company is recommended to implement a Fatigue Management System (FMS), regulate working and rest hours, promote occupational health programs, and monitor driving behavior to reduce fatigue and minimize the risk of traffic accidents.

Keywords : *Work Fatigue, Driving Behavior, Traffic Accident Risk.*