

## Breastfeeding and occupational stress and fatigue of female workers in garment manufacturing companies

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### Abstrak

Menyusui, Stres dan Kelelahan Kerja pada Pekerja Wanita di Perusahaan Garmen. Peraturan perundangan yang mendukung ?menyusui? belum jelas memaknai para pekerja wanita. Tidak sedikit pekerja wanita mengalami stres kerja dan kelelahan kerja yang dapat berpengaruh terhadap produktivitas kerja. Penelitian ini bertujuan mengungkap tingkat stres dan kelelahan kerja pekerja wanita menyusui di perusahaan garmen Sobosukawonosraten Jawa Tengah. Jenis penelitian survey analitik dengan pendekatan cross sectional. Melibatkan 210 pekerja wanita di perusahaan garmen yang tersebar di 6 (enam) Kabupaten. Teknik sampling cluster snowball sampling. Analisis data menggunakan Chi Square. Hasil penelitian menunjukkan ada hubungan signifikan antara pekerja menyusui dengan stres kerja ( $X^2= 15,307$ ;  $p< 0,05$ ), besar pengaruh 26,1% ( $C= 26,1$ ;  $OR= 3,124$ ). Ada hubungan signifikan antara pekerja menyusui dengan kelelahan kerja ( $X^2= 15,307$ ;  $p< 0,05$ ), besar pengaruh 55,5% ( $C= 55,5$ ;  $OR= 30,82$ ). Pekerja wanita dalam masa menyusui memiliki kebutuhan khusus, perlu mendapat perhatian dari perusahaan selama bekerja agar dapat terus mendukung program ASI yang baik bagi anak sebagai generasi penerus bangsa.

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Female workers have not been clearly defined in the legislation that supports breastfeeding. Moreover, a significant number of them experience occupational stress and fatigue, which may disturb productivity. The research aimed to reveal the stress and fatigue level of breastfeeding female workers from garment companies in Sobosukawonosraten area of Central Java. Using cross sectional approach, this analytical survey involved 210 female workers of six garment companies across six districts. Furthermore, cluster snowball sampling technique was used to sample the workers, and chi-square test was used to analyze the data. Research results indicated a significant correlation between breastfeeding and occupational stress ( $X^2= 15.307$ ,  $p< 0.05$ ) with an effect of 26.1% ( $C= 26.1$ ;  $OR= 3.124$ ); and another significant correlation between breastfeeding and occupational fatigue ( $X^2= 15.307$ ,  $p< 0.05$ ) with a 55.5% effect ( $C= 55.5$ ;  $OR= 30.82$ ). On the whole, breastfeeding female workers have special needs and require attention from the companies in order to continue supporting good breastfeeding for the babies, who will become the nation's future generation.