

# Hubungan Motivasi Bekerja dan Burnout dengan Kualitas Tidur pada Ojek Online di Tangerang Selatan = The Relationship between Work Motivation and Burnout with Sleep Quality in Online Drivers in South Tangerang

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## Abstrak

Motivasi kerja, burnout dan kualitas tidur yang buruk dapat memengaruhi performa ojek online dalam bekerja. Kurangnya kualitas tidur menjadi penyebab utama rasa kantuk berlebihan sehingga menyebabkan kecelakaan. Penelitian ini bertujuan mengetahui hubungan motivasi bekerja, burnout dengan kualitas tidur pada ojek online. Penentuan sampel menggunakan teknik cross sectional, total sampel 107 di Pondok Aren. Sebanyak 80 orang (74,8%) memiliki kualitas tidur buruk. Berdasarkan hasil uji chi-square motivasi bekerja dengan kualitas tidur diperoleh  $Pvalue=0,243$  dan hasil uji chi-square burnout dengan kualitas tidur diperoleh  $Pvalue=0,012$ . Kesimpulannya, tidak terdapat hubungan yang signifikan antara kejadian motivasi bekerja dan kualitas tidur serta terdapat hubungan yang signifikan antara burnout dengan kualitas tidur. Diharapkan penelitian selanjutnya dapat fokus pada faktor penyebab gangguan tidur.

.....Work motivation, burnout and lack of sleep can affect the performance of online drivers at work. Lack of quality sleep is the main cause of excessive sleepiness, so that causing accidents. This study aims to determine the relationship between work motivation, burnout and sleep quality in online drivers. Determination of the sample is using cross sectional technique, the total sample of 107 in Pondok Aren. As many as 80 people (74,8%) has poor sleep quality. Based on the results of the chi-square test, motivation of working with sleep quality obtained  $Pvalue = 0,243$  and the results of the burnout with sleep quality obtained  $Pvalue = 0,012$ . In conclusion, there is no significant relationship between work motivation and sleep quality and there is a significant relationship between burnout and sleep quality. It is hoped that further research can focus on the factors that cause sleep disturbances.