

# Analisis Faktor Risiko yang Berhubungan dengan Keluhan Kelelahan (Fatigue) pada Pekerja di Industri Tambang Batu Bara PT X Tahun 2024 = Risk Factors Analysis Related to Fatigue Among Coal Mining Industry Workers at PT X 2024

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## Abstrak

Kelelahan atau fatigue pada pekerja tambang memiliki dampak yang besar terhadap tingkat absenteisme, penurunan produktivitas, biaya kesehatan, dan kecelakaan. Penelitian ini bertujuan untuk mengetahui gambaran keluhan kelelahan pada pekerja di PT X serta menganalisis faktor-faktor yang berhubungan. Faktor risiko yang diteliti yaitu faktor terkait pekerjaan (beban kerja, masa kerja, waktu istirahat, area kerja, shift kerja, dan stres kerja) dan faktor risiko tidak terkait pekerjaan (usia, kualitas dan kuantitas tidur, kebiasaan merokok, commuting time, pekerjaan sampingan, konsumsi kafein, status pernikahan, status gizi, dan olah raga). Untuk mengukur kelelahan menggunakan kuesioner Occupational Fatigue Exhaustion Recovery Scale (OFER), mengukur stres kerja menggunakan kuesioner Survei Diagnosis Stres (SDS), mengukur kualitas tidur menggunakan Pittsburgh Sleep Quality Index (PSQI), mengukur beban kerja mental menggunakan NIOSH Generic Job Stress Questionnaire (GJSQ), mengukur karakteristik responden menggunakan The Self-administered Questionnaire, dan untuk mengukur beban kerja fisik menggunakan alat Fingertip Pulse Oximeter. Penelitian ini dilakukan kepada 156 pekerja tambang di PT X dengan menggunakan desain penelitian cross sectional. Analisis data dilakukan secara deskriptif dan inferensial dengan uji regresi logistik. Hasil penelitian menunjukkan terdapat hubungan yang bermakna antara masa kerja, waktu istirahat, usia, dan beban kerja mental dengan kelelahan. Oleh karena itu, perlu dilakukannya pengembangan program pencegahan dan pengendalian kelelahan (fatigue management) di tempat kerja dan melihat hubungan faktor terkait pekerjaan yang lebih dominan terhadap kelelahan dibandingkan faktor tidak terkait pekerjaan.

.....Fatigue in mining workers has a huge impact on absenteeism rates, decreased productivity, medical costs, and accidents. This study aims to describe the level of fatigue in workers at PT. X and analyze the associated risk factors. The risk factors studied included work-related factors (workload, period of work, rest time, mining area, work shifts, and work stres) and non-work related factors (age, sleep quality and sleep quantity, smoking status, commuting time, side work, caffeine consumption, marital status, body mass indeks, and exercise). To measure fatigue, the Occupational Fatigue Exhaustion Recovery (OFER) questionnaire was used, Survey Diagnostic Stress (SDS) was used to measure job stress, the Pittsburgh Sleep Quality Index (PSQI) questionnaire was used to measure sleep quality, NIOSH Generic Job Stress Questionnaire (GJSQ) was used to measure mental workload, the Self-administered Questionnaire was used to measure respondent characteristics, and Fingertip Pulse Oximeter was used to measure physical workload. This research was conducted on 156 mining workers at PT. X by using a cross sectional research design. Descriptive and inferential logistic regression was used to analyze the data. The results showed that there was a significant association between period of work, rest time, age, and mental workload. Therefore, it is necessary to develop a fatigue management program in the workplace and refers to see the result that the relationship between work related factors and fatigue is more dominant than non-work related factors.