

ABSTRAK

Kementerian Kesehatan RI
Politeknik Kesehatan Kemenkes Surabaya
Program Studi Sanitasi Program Diploma III
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Jenni Indria

FAKTOR YANG MEMPENGARUHI PERBEDAAN KELELAHAN KERJA PADA PETUGAS LABORATORIUM DI RUMAH SAKIT HAJI DAERAH PROVINSI JAWA TIMUR TAHUN 2023

xvi + 89 Halaman + 3 Gambar + 14 Tabel

Rumah Sakit Umum Daerah Haji Provinsi Jawa Timur memiliki fasilitas laboratorium patologi klinik dengan 50-200 sampel yang diperiksa setiap harinya oleh petugas laboratorium. Petugas laboratorium merasakan kelelahan kerja saat bekerja. Kelelahan kerja yang dialami oleh petugas laboratorium disebabkan oleh dua faktor, yaitu internal (usia) dan eksternal (masa kerja petugas, lama waktu kerja petugas, lama waktu tidur petugas dan *shift* kerja petugas). Tujuan peneliti melakukan penelitian adalah mengetahui faktor yang mempengaruhi perbedaan kelelahan kerja pada petugas laboratorium di Rumah Sakit Umum Daerah Haji Provinsi Jawa Timur Tahun 2023.

Desain penelitian adalah observasional analitik menggunakan studi *cross sectional*. Petugas laboratorium sebanyak 30 orang dijadikan sampel yang dipilih menggunakan metode *simple random sampling*. Penelitian ini menggunakan analisis data univariat dan bivariat dengan uji *crosstab* metode *chi-square*.

Penelitian menunjukkan usia petugas laboratorium sebanyak 60,0% berusia ≤ 40 tahun, masa kerja sebanyak 83,3% selama > 5 tahun, lama waktu tidur sebanyak 76,7% ideal, *shift* kerja sebanyak 46,7% pada *shift* pagi, dan kelelahan kerja berat sebanyak 50,0%. Hasil uji *crosstab* dengan metode *chi square* menunjukkan tidak ada pengaruh perbedaan usia, masa kerja, lama waktu kerja dan lama waktu tidur dengan kelelahan kerja serta ada pengaruh perbedaan *shift* kerja dengan kelelahan kerja petugas laboratorium.

Diharapkan pihak rumah sakit dapat melakukan sosialisai kepada petugas laboratorium untuk menerapkan manajemen kelelahan kerja, istirahat aktif, asupan gizi dan rutin berolahraga agar dapat meminimalisir kelelahan kerja. Pihak rumah sakit diharapkan juga melakukan pengaturan jam kerja, pembagian waktu kerja yang seimbang, dan rotasi pekerjaan untuk para petugas laboratorium.

Kata kunci : Usia, masa kerja, lama waktu kerja, lama waktu tidur, *shift*

kerja, kelelahan kerja, petugas laboratorium

Daftar pustaka : 102 (2004-2023)

ABSTRACT

Ministry of Health Republic of Indonesia
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FACTORS AFFECTING DIFFERENCES IN WORK FATIGUE IN LABORATORY OFFICERS AT HAJI HOSPITAL EAST JAVA PROVINCE IN 2023

xvi + 89 Pages + 3 Image + 14 Tables

The Haji Regional General Hospital in East Java Province has clinical pathology laboratory facilities with 50-200 samples examined daily by laboratory staff. Laboratory workers feel fatigue when working. Work fatigue experienced by laboratory staff is caused by two factors, namely internal (age) and external (worker's length of service, staff's length of time working, officer's sleep time and employee's work shift). The aim of the researchers to conduct research was to find out the factors that influence differences in work fatigue in laboratory workers at the Haji Regional General Hospital in East Java Province in 2023.

The research design was analytic observational using a cross sectional study. Laboratory workers as many as 30 people as samples were selected using the simple random sampling method. This study used univariate and bivariate data analysis with the chi-square method crosstab test.

Research shows that 60.0% of laboratory workers are aged ≤ 40 years, 83.3% have worked for > 5 years, 76.7% sleep time is ideal, 46.7% work shift is in the morning shift, and fatigue heavy work as much as 50.0%. The results of the crosstab test using the chi square method showed that there was no effect of differences in age, years of service, length of working time and length of sleep on work fatigue and there was an effect of differences in work shifts on work fatigue of laboratory workers. Expected by the hospital can conduct outreach to laboratory staff to implement work fatigue management, active rest, nutritional intake and regular exercise in order to minimize work fatigue. The hospital is also expected to regulate working hours, distribute work time in a balanced way, and rotate jobs for laboratory workers.

Keywords : Age, years of service, length of time worked, length of sleep,
work shifts, fatigue, laboratory personnel

Reading List : 102 books (2004-2023)