

Analisis faktor risiko pekerjaan dan non pekerjaan terhadap keluhan fatigue pada pekerja shift bagian domestic international line maintenance perusahaan X tahun 2015 = Work related and non work related risk factor analysis towards subjective feelings of fatigue among shift workers in domestic international line maintenance of company X in 2015

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Abstrak

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Fatigue pada pekerja merupakan sebuah risiko yang dapat timbul apabila suatu pekerjaan dituntut untuk menggunakan tenaga fisik dan pikiran mental yang berlebihan serta dituntut untuk menyelesaikan pekerjaan dalam waktu yang terbatas tanpa adanya waktu istirahat yang optimal. Fatigue merupakan risiko utama dari pekerja shift seperti pada pekerja shift industri MRO (Maintenance, Repair, and Overhaul) transportasi udara. Transportasi udara dituntut beroperasi selama 24/7 dan memiliki kewajiban untuk memenuhi standar kelaikudaraan. Salah satu industri MRO adalah Perusahaan ?X?. Bekerja dalam sistem shift menjadi sumber risiko fatigue bagi pekerjanya karena bekerja bertentangan dengan irama sirkadian tubuh, oleh karena itu dibutuhkan penilaian keluhan fatigue pada pekerjanya sebagai langkah awal program fatigue management. Penelitian ini bertujuan untuk mengetahui faktor risiko keluhan fatigue pada pekerja shift dan merupakan penelitian kuantitatif dengan menggunakan disain studi cross sectional. Penelitian ini dilakukan pada bulan Oktober-Desember 2015, di bagian Domestic & International Line Maintenance Perusahaan ?X?, dengan sampel penelitian sebesar 105 responden. Hasil menunjukkan bahwa terdapat hubungan yang bermakna antara shift kerja ($p=0,002$), kerja lembur ($0,005$), kuantitas tidur ($p=0,048$), dan commuting time ($p=0,042$) dengan keluhan fatigue.

ABSTRACT

Fatigue among workers is a risk that can arise when a job is required to use excessive physical and mental force to complete the work within a limited time without optimal amount of rests. Fatigue is a risk that commonly occurs for shift workers, including shift workers in Maintenance, Repair, and Overhaul (MRO) industry for aircrafts including commercial airlines. Air transportation operates for 24/7 dan has an obligation to fulfill the standards of aircraft airworthiness. In doing so, one of the MRO industry, Company ?X? develop a system of shift workers with standardized skills to operate 24/7 for the sake of upholding the airworthiness of aircrafts and adjusting to the flight schedules. Working in shifts is a risk to the workers, especially the risk of being fatigue, because working in shifts forces them to work against their natural body clock. In order to start the development of fatigue management program in Company

?X?, it is needed to assess the subjective feelings toward fatigue as a starting point.

ABSTRACT

This quantitative research is conducted to determine work related and non work related factors toward the subjective feelings of fatigue with a cross sectional study design.

This research was done in October?December 2015 in the Domestic and International

Line Maintenance of Company ?X? with a total sample of 105 respondents. Results

showed that there is a correlation between work shifts ($p=0,002$), excessive working

hours ($p=0,005$), quantity of sleep ($p=0,048$), and commuting time ($0,042$) with

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