Breastfeeding and occupational stress and fatigue of female workers in garment manufacturing companies / Yeremia Rante Ada, Sumardiyono, Crescentiana Siti Utari, Reni Wijayanti

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Abstrak

Female workers have not been clearly defined in the legislation that supports breastfeeding. Moreover, a significant
number of them experience occupational stress and fatique, 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 ($X2= 15.307$, $p< 0.05$) with an effect of 26.1% ($C= 26.1$; $OR= 3.124$); and another significant
correlation between breastfeeding and occupational fatigue ($X2= 15.307$, $p< 0.05$) 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.

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

(X2=

15,307; p< 0,05), besar pengaruh 26,1% (C= 26,1; OR= 3,124). Ada hubungan signifikan antara pekerja menyusui

dengan kelelahan kerja (X2= 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.