

Analisis faktor-faktor yang memengaruhi kelelahan kerja pekerja pengecoran di proyek PT.X pada sektor konstruksi = Analysis of Factors Affecting Work Fatigue of Concreting Workers at Company X in the Construction Sector

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Abstrak

Pekerja proyek konstruksi PT. X memiliki bahaya dan risiko kerja yang relatif tinggi, terutama saat bekerja dalam situasi pandemi COVID-19. Karena proyek konstruksi harus berjalan, para pekerja memiliki risiko lebih tinggi terpapar COVID-19. Ketika beberapa pekerja secara langsung atau tidak langsung terpapar COVID-19, pekerjaannya diambil alih oleh rekan kerja. Hal ini mengakibatkan kelelahan bagi pekerja konstruksi. Kelelahan kerja merupakan salah satu penyebab kecelakaan kerja karena kelelahan mengurangi fokus, kemampuan mengambil keputusan, kekuatan otot, keterampilan komunikasi, produktivitas, kewaspadaan, kinerja fisik dan psikologis dan motivasi kerja. Penelitian ini bertujuan mengetahui dampak pandemi COVID-19 terhadap kelelahan pekerja PT. X. Penelitian ini menggunakan metode observasional analitik dengan desain penelitian potong lintang. Sampel diambil dari total populasi pekerja pengecoran pada proyek konstruksi sebanyak 100 pekerja dengan menyebarkan kuesioner menggunakan *Multidimensional Fatigue Inventory Questionnaire*. Analisis data dengan pendekatan kuantitatif menggunakan analisis univariat dan bivariat. Berdasarkan hasil analisis korelasi Pearson dengan nilai signifikan $p < 0,05$, variabel yang berhubungan dengan variabel kelelahan adalah usia ($p = 0,048$), waktu tidur ($p = 0,040$), penyakit penyerta ($p = 0,004$) dan pandemi COVID-19 ($p = 0,001$).
.....Company X construction project workers have relatively high work hazards and risks, particularly while working under the COVID-19 pandemic situation. As construction projects must go on, the workers likely have a higher risk of the COVID-19 exposure. When some workers directly or indirectly are exposed to the COVID-19, their jobs are taken over by co-workers. This case results in fatigue for construction workers. Work fatigue is one of the causes of occupational accidents as the fatigue reduces their focus, decision-making abilities, muscle strength, communication skills, productivity, alertness, physical and psychological performance and work motivation. This study aimed to determine the impact of the COVID-19 pandemic on fatigue in the Company X workers. This study applied an observational analytic method with a cross-sectional study design. Samples were taken from the total population of concreting workers in construction projects as many as 100 workers by distributing a questionnaire using *Multidimensional Fatigue Inventory Questionnaire*. Data analysis with a quantitative approach used univariate and bivariate analyses. Based on the results of the Pearson correlation analysis with a significant level of $p < 0.05$, variables that had a relationship with fatigue variable were age ($p = 0.048$), sleep time ($p = 0.040$), comorbid ($p=0.004$) and the COVID-19 pandemic ($p=0.001$).