

Hubungan Jam Kerja Panjang terhadap Kualitas Hidup Pekerja Perusahaan XYZ = Impact of Long Working Hours on Employees' Quality of Life at Company XYZ

Viafebyana Mariatur Rahma, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920574184&lokasi=lokal>

Abstrak

Jam kerja yang panjang dapat memberikan dampak pada produktivitas, kelelahan fisik, dan kesehatan mental yang berdampak pada kualitas hidup para pekerja. Penelitian ini bertujuan untuk mengetahui hubungan jam kerja panjang terhadap kualitas hidup pekerja Perusahaan XYZ. Desain penelitian kuantitatif cross-sectional pada 161 pekerja yang diambil secara acak sesuai kriteria inklusi dan menggunakan instrumen pemeriksaan Euro-Quality of Life 5 Dimension 5 Level (EQ-5D-5L). Hasil penelitian menunjukkan bahwa terdapat pengaruh antara jam kerja panjang dengan penambahan 14 jam (OR=8.9) dan 18 jam (OR=8.5) terhadap kualitas hidup pekerja. Jam kerja panjang dapat meningkatkan risiko penurunan kualitas hidup pekerja.

.....Long working hours can impact productivity, physical fatigue, and mental health, which in turn affects the quality of life of the workers. This study aims to determine the relationship between long working hours and the quality of life of employees at XYZ Company. The cross-sectional quantitative research design involved 161 workers who were randomly selected according to inclusion criteria and used the Euro-Quality of Life 5 Dimension 5 Level (EQ-5D-5L) examination instrument. The research results indicate that there is an impact of long working hours with an increase of 14 hours (OR=8.9) and 18 hours (OR=8.5) on the quality of life of workers. Long working hours can increase the risk of a decline in workers' quality of life.