

Hubungan Antara Kualitas Tidur dan Tingkat Kelelahan Pada Pekerja: Sopir Kendaraan Umum di Kota Bogor = The Relationship Between Sleep Quality and Fatigue Levels Among Workers: Public Transport Drivers in Bogor City

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Abstrak

Pekerja sopir kendaraan umum merupakan agregat berisiko terhadap berbagai masalah kesehatan, salah satunya terkait kualitas tidur yang buruk mengakibatkan kelelahan. Penelitian ini bertujuan untuk mengetahui hubungan antara kualitas tidur dan tingkat kelelahan pada pekerja sopir kendaraan umum di Kota Bogor. Penelitian ini menggunakan desain cross sectional dengan teknik consecutive sampling terdapat 107 responden sebagai subjek penelitian. Pengambilan data dilakukan dengan pengisian kuesioner Pittsburgh Sleep Quality Index (PSQI) dan Fatigue Severity Scale (FSS) secara luring. Hasil uji bivariat menggunakan uji Chi square didapatkan hasil p-value 0,002 ($<0,05$). Kesimpulan terdapat hubungan antara kualitas tidur dan tingkat kelelahan pada pekerja sopir kendaraan umum.

.....Public transportation drivers are a high-risk group for various health issues, one of which is poor sleep quality leading to fatigue. This study aims to examine the relationship between sleep quality and fatigue levels among public transportation drivers in Bogor City. A cross-sectional study design was employed, with consecutive sampling used to select 107 respondents as research subjects. Data was collected through offline questionnaires using the Pittsburgh Sleep Quality Index (PSQI) and the Fatigue Severity Scale (FSS). Bivariate analysis using the Chi-square test yielded a p-value of 0.002 (< 0.05). The study concludes that there is a significant relationship between sleep quality and fatigue levels among public transportation drivers.