

# Efektivitas Model Keperawatan Manajemen Kelelahan Kerja (MARIKERJA), 2019 terhadap Kelelahan dan Status Kesehatan Pekerja Shift Manufaktur di Jakarta, Bogor, Depok, dan Bekasi = The Effectiveness of Nursing Intervention Model, Work Fatigue Management (MARIKERJA) 2019 on Fatigue and Health Status of Shift Workers on Manufacturing Workplace at Jakarta, Bogor, Depok, Bekasi area

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Abstrak

**ABSTRAK**

Jumlah pekerja yang menggunakan sistem kerja shift sangat tinggi di dunia termasuk Indonesia. Saat ini pekerja shift di Indonesia diperkirakan memberikan kontribusi terhadap angka kesakitan, kecelakaan kerja dan kematian dengan prevalensi 0,035%; 0,0033%; 0,00064%, sehingga perlu dicegah melalui intervensi keperawatan. Penelitian ini bertujuan mendapatkan model intervensi keperawatan: Manajemen Kelelahan Kerja (MARIKERJA), untuk menurunkan nilai kelelahan dan meningkatkan status kesehatan melalui asuhan keperawatan pada pekerja. Desain penelitian ini adalah riset operasional dengan tiga tahap, yaitu tahap I identifikasi masalah, tahap II pengembangan model dan modul, tahap III uji coba model MARIKERJA menggunakan studi penelitian kuantitatif quasy experiment pre dan post test with control group, dengan jumlah responden, 116 pekerja di PT X. Uji statistik yang digunakan chi square, uji t, General Linier Model-Repeated Measure (GLM-RM). Model MARIKERJA dikembangkan berdasarkan hasil eksplorasi 6 tema dan studi literatur menggunakan integrasi Occupational Health Nursing Model, Main Determinants of Health for Workers, model Promosi Kesehatan Pekerja. Hasil uji didapatkan, model MARIKERJA, efektif menurunkan nilai kelelahan dan meningkatkan status kesehatan pekerja, setelah 12 minggu dilakukan intervensi. Penetapan diagnosis keperawatan kesehatan kerja, sebagai bagian dari tahapan proses keperawatan dalam pelaksanaan asuhan keperawatan individu dan kelompok pekerja memberikan gambaran peran dan fungsi perawat kesehatan kerja, yang membedakan intervensinya dengan profesi kesehatan lain. Diharapkan model MARIKERJA dapat digunakan oleh perawat kesehatan kerja di Indonesia, sebagai salah satu intervensi keperawatan, yang digunakan oleh perawat yang bertugas di institusi/ tempat kerja.

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**ABSTRACT**

The number of companies implementing the shift-work system is very high around the world including Indonesia. Shift workers in Indonesia are estimated to contribute to the morbidity rate, accident rate, and mortality rate within workplace with the prevalence 0,035%; 0,0033%; 0,00064%, so these issue needs to be prevented through nursing intervention. This study aims to observe the developed nursing intervention model called MARIKERJA (fatigue management in the workplace), to reduce fatigue and improve the health status of workers. This study uses operational research with three phases, namely phase I problem identification, phase II model and module development, phase III MARIKERJA model testing using quantitative research studies with quasi-experiment pre and post-test with control group. The MARIKERJA

model is performed at PT X. The statistical tests used in this study are chi square, t test, and General Linear Model-Repeated Measure (GLM-RM). The process of developing the model is based on the observation results of 6 themes and literature review using the integration of Occupational Health Nursing Models, Main Determinants of Health for Workers, and Worker Health Promotion models. The results show that MARIKERJA model can effectively reduce fatigue score and improve the health status of workers after 12 weeks of intervention. By establishing nursing diagnosis in occupation health as a part of occupational nursing care can determine the role and function of occupational health nurse which in particular is different from other health workers. It is expected that the MARIKERJA model can be used by occupational health nurses in Indonesia as one of the nursing interventions.