

Hubungan Antara Aspek Psikososial dengan Kelelahan Multidimensi Akibat Kerja pada Pekerja Migas Daerah Operasi Bagian Utara (DOBU) PT. XYZ di Kalimantan Timur Selama Pandemi Covid 19 Tahun 2020-2021

Shofi, Makhrus

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=135312&lokasi=lokal>

Abstrak

Latar Belakang: Hubungan antara kelelahan dengan aspek psikososial dalam industri hulu migas sampai sekarang relatif belum banyak diteliti. Sejak akhir tahun 2019, terdapat beberapa kebijakan terkait pandemi COVID-19 yang berdampak pada psikologis pekerja dalam merespon kondisi yang berubah secara acak.
Tujuan: mengetahui hubungan aspek psikososial dengan kelelahan diantara pekerja migas baik onshore maupun offshore selama pandemi Covid-19 tahun 2020-2021.
Metode: Penelitian analitik kuantitatif dengan disain studi potong lintang. Dilakukan di salah satu instalasi hulu migas di Kalimantan Timur, Indonesia. Aspek psikososial diukur menggunakan kuesioner 3rd Version of Copenhagen Psychosocial Questionnaire (COPSOQ III), sedangkan kelelahan akibat kerja diukur dengan Multidimensional Fatigue Inventory-20 (MFI-20). Analisis regresi linier multivariabel digunakan untuk menganalisa hubungan dan interaksi keduanya.
Hasil: seluruh aspek psikososial kepuasan dipersepsikan tinggi oleh pekerja. Sedangkan untuk aspek psikososial ketidakpuasan berada pada tingkat menengah selama Pandemi Covid-19, sementara itu tingkat kelelahan multidimensi akibat kerja berada pada tingkat ringan.
Kesimpulan: Setelah mengendalikan variabel perancu, penghargaan, kepuasan kerja, dan konflik keluarga-pekerjaan ditemukan berhubungan dengan kelelahan total di area onshore, sedangkan aspek kepuasan kerja merupakan satu satunya aspek psikososial yang berhubungan dengan kelelahan total di area offshore. Perusahaan perlu memusatkan program pencegahan kelelahan yang terkait dengan pengurangan konflik pekerjaan-keluarga serta membangun makna kepuasan dalam bekerja.
 Background: The relationship between fatigue and psychosocial aspects in the upstream oil and gas industry is still relatively not widely studied. Since end of 2019, there have been several policies related to the COVID-19 pandemic, which impact to the psychological of the workers in response to those unexpected changing situations.
Objective: to determine the relationship between psychosocial aspects and the work-related fatigue both onshore and offshore during the 2020-2021 Covid-19 pandemic.
Method: quantitative analytic study with a cross sectional study design. Conducted at one of the upstream oil and gas in East Kalimantan, Indonesia. Psychosocial aspects were measured by using the 3rd Version of Copenhagen Psychosocial Questionnaire (COPSOQ III) questionnaire, whilst work-related fatigue was measured by using the Multidimensional Fatigue Inventory-20 (MFI-20). Multivariable linear regression analysis was used to examine the associations and interactions.
Results: All satisfaction subscales of psychosocial aspects were perceived as high level by workers. Meanwhile dissatisfaction subscales were at medium level during the COVID-19 pandemic. The work-related fatigue tended to be at light level.
Conclusion: After the confounding variables were controlled, the Recognition, Job Satisfaction and Work Life Conflict aspects were found to have association with total fatigue in Onshore, whereas the job satisfaction is the only psychosocial aspect that is related to the total fatigue in offshore area. Company is encouraged to concentrate the fatigue prevention programs particularly on reducing the Work Life Conflicts and to growth

the meaning of satisfaction at work.