

Analisis Faktor Risiko Kelelahan (Fatigue) pada Petugas Pemadam Kebakaran Kota X Tahun 2025

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Abstrak

Petugas pemadam kebakaran memiliki risiko kelelahan tinggi akibat tuntutan kesiapsiagaan 24 jam, paparan situasi darurat, serta beban fisik dan psikologis. Penelitian ini bertujuan menganalisis tingkat kelelahan dan faktor risiko pada petugas pemadam kebakaran Kota X tahun 2025. Penelitian menggunakan desain studi cross-sectional dan simple random sampling. Sebanyak 138 petugas mengisi kuesioner OFER-15, NASA-TLX, PSS-10, PSQI, dan IPAQ-7. Faktor risiko terkait pekerjaan meliputi beban kerja, durasi kerja, masa kerja, waktu perjalanan, dan stres kerja. Faktor risiko kelelahan tidak terkait pekerjaan meliputi usia, status gizi, kuantitas dan kualitas tidur, aktivitas fisik, dan konsumsi kafein. Hasil menunjukkan 15,9% kelelahan kronis, 18,8% kelelahan akut, dan 15,2% kekurangan waktu pemulihan. 3 dari 5 faktor risiko terkait pekerjaan berhubungan signifikan dengan kelelahan kronis dan akut. Durasi kerja (p-value: 0,028, OR: 3,519), masa kerja (p-value: 0,045, OR: 0,396), dan stres kerja (p-value: 0,015, OR: 4,969) berhubungan dengan kelelahan kronis. Sementara itu, durasi kerja (p-value: 0,004, OR: 4,675), masa kerja (p-value: 0,012, OR: 0,284), dan stres kerja (p-value: 0,037, OR: 3,267) berhubungan dengan kelelahan akut. Aktivitas fisik merupakan satu-satunya faktor risiko tidak terkait pekerjaan yang berhubungan dengan kelelahan kronis (p-value: 0,041, OR: 2,917). Dengan demikian, dinas perlu mengembangkan program pencegahan kelelahan berdasarkan jenis pekerjaan dan kondisi individu petugas.

Firefighters are at high risk of experiencing fatigue due to the demands of 24-hour readiness, exposure to emergency situations, and substantial physical and psychological demands at work. This study aimed to analyze the level of fatigue and the contributing risk factors among firefighters in City X, 2025. This study employed a cross-sectional study with a simple random sampling method. 138 participants who completed the OFER-15, NASA-TLX, PSS-10, PSQI, and IPAQ-7 questionnaires. The work-related fatigue risk factors examined included workload, work duration, length of service, commuting time, and occupational stress. Non-work-related factors included age, nutritional status, sleep quantity and quality, physical activity, and caffeine consumption. The results indicated that 15.9% of respondents experienced chronic fatigue, 18.8% acute fatigue, and 15.2% inadequate recovery time. 3 out of 5 work-related factors, specifically work duration, length of service, and occupational stress were significantly associated with both chronic and acute fatigue. Chronic fatigue was associated with work duration (p value: 0.028, OR: 3.519), length of service (p-value: 0.045, OR: 0.396), and occupational stress (p value: 0.015, OR: 4.969), while acute fatigue was linked to work duration (p value: 0.004, OR: 4.675), length of service (p value: 0.012, OR: 0.284), and occupational stress (p value: 0.037, OR: 3.267). Physical activity was the only non-work-related factor significantly associated with chronic fatigue (p value: 0.041, OR: 2.917). These findings highlight the need for fatigue prevention programs tailored to job types and individual conditions.