

Determinan Kelelahan Kerja Pada Pekerja Konstruksi di Proyek Pembangunan Apartemen X Tahun 2026

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Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=139638&lokasi=lokal>

Abstrak

Kelelahan kerja merupakan kondisi penurunan energi dan kapasitas kerja yang berpotensi meningkatkan risiko kecelakaan, terutama pada sektor konstruksi dengan tuntutan fisik berat dan jam kerja panjang. Penelitian ini bertujuan menganalisis determinan kelelahan kerja pada pekerja konstruksi di Proyek Pembangunan Apartemen X Tahun 2026. Penelitian menggunakan desain cross sectional dengan pendekatan kuantitatif. Sampel sebanyak 115 pekerja konstruksi lapangan diambil secara purposive sampling. Data dikumpulkan melalui kuesioner dan dianalisis secara univariat serta bivariat menggunakan uji chi-square. Hasil penelitian menunjukkan sebanyak 56,5% pekerja mengalami kelelahan kerja. Faktor risiko yang berhubungan signifikan meliputi usia ($p=0,011$; $OR=2,72$), status gizi/IMT ($p=0,001$; $OR=3,73$), durasi kerja ($p<0,001$; $OR=4,70$), beban kerja ($p=0,004$; $OR=3,44$), suhu lingkungan ($p=0,001$; $OR=3,62$), konsumsi kafein ($p=0,006$; $OR=3,20$), kebiasaan merokok ($p=0,036$; $OR=2,25$), dan kualitas tidur ($p<0,001$; $OR=4,51$) dengan kelelahan kerja. Intervensi berupa penyesuaian tugas sesuai kapasitas usia, pengaturan jam kerja sesuai regulasi, penyediaan area istirahat teduh dan air minum cukup, edukasi sleep hygiene, serta promosi kesehatan mengenai bahaya merokok dan batas aman kafein. Bagi pekerja, disarankan menerapkan sleep hygiene, menjaga pola makan, membatasi konsumsi kafein dan rokok, serta menggunakan alat bantu kerja. Kata kunci: kelelahan kerja, pekerja konstruksi, determinan, beban kerja, kualitas tidur

Universitas Indonesia ixWork fatigue is a condition characterized by decreased energy and work capacity that may increase the risk of workplace accidents, particularly in the construction sector which demands heavy physical exertion and long working hours. This study aims to analyze the determinants of work fatigue among construction workers at the Apartment X Construction Project in 2026. This study employed a cross sectional design with a quantitative approach. A sample of 115 field construction workers was selected using purposive sampling. Data were collected through questionnaires and analyzed using univariate and bivariate analysis with the chi square test. The results showed that 56.5% of workers experienced work fatigue. Significant associations were found between work fatigue and age ($p=0.011$; $OR=2.72$), nutritional status/BMI ($p=0.001$; $OR=3.73$), working duration ($p<0.001$; $OR=4.70$), workload ($p=0.004$; $OR=3.44$), environmental temperature ($p=0.001$; $OR=3.62$), caffeine consumption ($p=0.006$; $OR=3.20$), smoking habits ($p=0.036$; $OR=2.25$), and sleep quality ($p<0.001$; $OR=4.51$). Recommended interventions include task adjustment according to age capacity, regulation of working hours in compliance with labor regulations, provision of shaded rest areas and adequate drinking water, sleep hygiene education, and health promotion regarding the dangers of smoking and safe limits of caffeine consumption. Workers are advised to practice sleep hygiene, maintain a balanced diet, limit caffeine and cigarette consumption, and use available work tools. Keywords: Work fatigue, construction workers, determinants, workload, sleep quality