ABSTRACT

Fatigue is one of the problems experienced by workers often. Feeling of fatigue is subjective because every person is influenced by several factors deserve and need special attention as a follow-up in order to avoid problems in the health of workers. Collector toll is one of the employees at PT. Jasa Marga PerseroTbk. Branch Surabaya-Gempol which is the organizer of the toll company that has an important task in the operation of toll roads. Toll collector routine work is monotonous and requires a high concentration makes it possible to experience boredom with further impacts that occur fatigue.

This research is analytic observational methods of data collection and cross sectional design. The aim of research to determine the relationship of several independent variables included age, gender, exercise habits, sleep duration, nutritional status, service of work, monotonous circumstances and workload, work climate and noise toward to the dependent variable, fatigue. The sample in this study is a toll collector at Toll Gate Main Waru, Waru I & Ramp, Dupak 3, and Satellite City of PT Jasa Marga PerseroTbk branch Surabaya-Gempol taken from the population using simple random sampling.

Variable testing performed using Spearman correlation analysis and contingency coefficient. Variables studied had a relationship with fatigue if \( p<0.05 \). There are 34 workers (50.7%) had mild fatigue. Statistical analysis showed weak correlation to the variables gender, exercise habits, state of monotony, work climate, and the noise of the relationship with the occurrence of fatigue.

Therefore, there should be an afternoon exercise regularly so that the toll collectors who work on shift I can still exercise regularly either male or female. In addition it is necessary for the procurement of ear plug so that toll collector can avoid high noise exposure from sound vehicle toll road users.

Keywords: fatigue, toll collector, subjective