ABSTRACT

Fatigue showing different conditions in each individual, but all lead to loss of efficiency, the decline in the capacity of work, and the resilience of the body and can cause negative effects for health and safety. The purpose of this research is to study the relationship of the individual factors and workload with the subjective fatigue on building workers.

This research design was descriptive study using cross sectional study. Collecting data included individual factor, workload of working, and subjective fatigue were collected by a questionnaire and a measurement. Respondents were all construction workers as many as 31 of respondents. Know the strong relations between variables used Spearman corelation, and just look at the coefficient correlation.

The result showed that 31 respondents, mostly had fatigue with the category very tired as many as 19 respondents (61.3%) , the category tired of 11 respondents (35.5%) , and less tired one respondents (3.2%). Based on statistic calculation, a strong relationship was showed by age factor (0,661), and workload (0,609), while the medium relations was for nutritional status (0,454), and weak relation was showed by period of work (0,272).

The conclusion that there was a relationship between individual factors, workload, with subjective fatigue, whereas it was a strong relation for age and workload, while a medium one was for nutrition status, and the weak relation was for period of work. It was recomended to give socialization about fatigue, give control on workers on old age, raising worker’s nutrition status by consuming nutritious food and do exercise, and giving workload in according worker’s capacity.

Keywords : workload, subjective fatigue, construction worker