ABSTRACT

Night bus drivers was a hard work and having a highly risk of fatigue and musculoskeletal disorders. So the night bus drivers need an optimum health condition to avoid the accident while on the way. The aim of this research was to acknowledging the strength level of relation from fatigue and musculoskeletal disorders determinant factors at PO. Restu Mulya night bus drivers Surabaya-Denpasar lines.

This research was an observational research, designed with a cross-sectional methods. The research population was all the which number was 12 driver. The variables that been studied was the host factor (age, work period, sleeping time length, fatigue preventing method, health condition, and the agent factors (bus characteristic, and suitability of workstation) with the level of fatigue and musculoskeletal disorders that obtained from the primary data. Data analyzed using cross tabulation and contingency coefficient statistical test to found the strength of relationship between variables.

The result showed that drivers felt moderate fatigue level and low level of musculoskeletal disorders. Age factor, work period, rest on-work time length is a host factor that determining the fatigue and musculoskeletal disorders with medium to strength level of relation. Agent factor that determining the fatigue is bus characteristics such as year of machine built, transmission system, and suitability of chair height with strength level of relation. Then agent factor that determining the musculoskeletal disorders is bus engine capacity, suitability of maximum work reach, suitability of chair height and suitability of pedal room length with medium level of relation.

The company needs to monitoring the drivers health, giving extra rest on-work time, and maintenance bus condition to keep the bus still comfortable for driving. Beside that, drivers need to pay an attention for healthy fatigue preventing method, optimizing time for rest, and set the drivers chair comfortable while driving.

Keyword: fatigue, musculoskeletal disorders, night bus drivers