ABSTRACT

Fatigue is a tired complaints that feel by workers, which differents on each workers. Fatigue lead to the increase of accident and decrease of workers productivities. The purpose of this research to analyze the relationship of individual characteristics, occupational factor, nutritional status, and work stress with work fatigue on EEN Production workers.

This research is descriptive observasional with cross sectional design. The respondents is all of workers in EEN Production. The variables studied were individual characteristics (gender, age, education level), occupational factor (workload, work duration and rest duration), nutritional status, and work stress. To determinate the relationship between variables used statistical test coefficient contingency (C).

The results showed that the majority of respondent are female, majority ages under 25 years-old, majority of respondent have Senior High School (SMA/SMK) education level. The majority of workload is light workload level, all of workers have work duration more than 7 hour and rest duration 60 minutes. Majority of respondent have normal nutritional status, and majority has medium level of work stress. Fatigue measurement showed that most respondents experienced fatigue are low level. The results showed strong level of relationship between fatigue with education level (C=0,633), workload (C=0,707), nutritional status (C=0,600), work stress (C=0,600), medium level of relationship between fatigue with gender (C=0,491), and low level of relationship between fatigue with age (C=0,260).

Conclusion the research showed that fatigue has strong level of relationship with education level, workload, nutritional status, and work stress. Fatigue has medium level of relationship with gender, and low level of relationship with age. Suggestion for EEN Production are the factory should send workers to attend for training, make longer deadline or increase workers, make refreshing periodicly, and for workers with low and normal nutritional status should bring provisions.

Keywords : convection, individual characteristics, occupational factor, nutritional status, work fatigue