ABSTRACT

Factors That Cause Work Fatigue Of Nurses Inpatient Installation

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Work fatigue is a feel of weary body and discomfort associated with work activities in a long time. The manifestation of fatigue indicated by increase the concentration of blood lactic acid. Work fatigue is one of the problems for the health and safety of workers. Nurses Inpatient Installation in RSUD Prof. Dr. Soekandar Mojosari was susceptible to get work fatigue, caused by overload and physical or mentality weakness. This research aims to analyze the factors cause to the work nurse fatigue in the RSUD Prof. Dr. Soekandar Mojosari. This research is quantitative research with cross sectional design research and implemented from January to April 2016. This research is quantitative research with cross sectional design research obtained by using the technique of sampling means that 28 nurses. Measurement of before work, 4 hours and 7 hours after the work fatigue using indicators concentration of blood lactic acid. The results showed that there is a difference of meaning between the blood concentration of lactic acid before, 4 hours after the work and 7 hours after the work. Linier regression test results revealed that the work load (p=0.001) has a relationship with the work fatigue at the time of 4 hours after the work and age (p=0.005) has a relationship with the work fatigue at the time of 7 hours after the work. Conclusion: There is a significant difference between the concentration of blood lactic acid before work and 4 hours after work and before work and 7 hours after work on a section Inpatient nurses in hospitals RSUD Prof. Dr. Soekandar Mojosari.

Keywords: work fatigue, nurses, lactic acid.