

ABSTRAK

Pekerja konstruksi merupakan pekerja yang memiliki pekerjaan yang cukup berat dan berbahaya karena pekerjaan yang dilakukan oleh pekerja konstruksi cenderung berpindah-pindah dan mengangkat beban. Pekerja *Vierendeel Wheel* melakukan berbagai Jenis pekerjaan seperti pemasangan *scaffolding*, pemberian pola pada baja, pemotongan baja, pengelasan baja, *erection* baja mobilisasi baja dan pengecatan baja yang dilakukan secara manual. Penelitian ini bertujuan untuk mengetahui gambaran tingkat kelelahan dengan karakteristik individu dan beban kerja pada pekerja *Vierendeel Wheel*. Penelitian ini bersifat observasional deskriptif. Subjek penelitian ini adalah pekerja *Vierendeel Wheel* berjumlah 29 orang. Variabel yang diteliti yaitu karakteristik individu (usia, masa kerja, status gizi dan kebiasaan merokok) dan beban kerja. Teknik pengambilan data tingkat kelelahan menggunakan kuesioner *Subjective Self Rating Test* (SSRT) dari *International Fatigue Research Committee of Japanese Association of Industrial Health* (IFRC). Hasil penelitian ini menunjukkan bahwa mayoritas pekerja berada pada usia 20-40 tahun sebanyak 23 orang (79,32%), masa kerja kurang dari 5 tahun sebanyak 17 orang (58,63%), status gizi normal sebanyak 25 orang (86,20%), memiliki kebiasaan merokok yaitu sebanyak 24 orang (82,76%), beban kerja ringan sebanyak 12 orang (41,38%) dan tingkat kelelahan kerja sedang sebanyak 18 orang (62,06%). Saran bagi perusahaan yaitu dengan melakukan sosialisasi mengenai kelelahan kerja yang membahas mengenai gejala kelelahan, dampak kelelahan dan cara menangani kelelahan, pengaturan waktu kerja dan waktu istirahat yang optimal, serta menyediakan *smoking area* di luar area kerja dan memberi larangan untuk merokok di area kerja.

Kata Kunci : Karakteristik Individu, Beban Kerja, Tingkat Kelelahan Kerja

ABSTRACT

Construction workers are workers who have quite heavy and dangerous work because the work carried out by construction workers tends to move and lift loads. Vierendeel Wheel workers carry out various types of work such as scaffolding installation, steel patterning, steel cutting, steel welding, steel erection, mobilization of steel and painting of steel which are done manually. This study aimed to describe the level of fatigue with individual characteristics and workload on Vierendeel Wheel workers. This research is descriptive observational. The subjects of this study were 29 Vierendeel Wheel workers. The variables studied were individual characteristics (age, years of service, nutritional status and smoking habits) and workload. The data collection technique used was the Subjective Self Rating Test (SSRT) questionnaire from the International Fatigue Research Committee of the Japanese Association of Industrial Health (IFRC). The results of this study indicate that the majority of workers are in the age of 20-40 years as many as 23 people (79.32%), working period of less than 5 years as many as 17 people (58.63%), normal nutritional status as many as 25 people (86.20 %), have smoking habits as many as 24 people (82.76%), light workloads as many as 12 people (41.38%) and a moderate level of work fatigue as many as 18 people (62.06%). Suggestions for the company are by conducting socialization about work fatigue which discusses the symptoms of fatigue, the impact of fatigue and how to deal with fatigue, setting the optimal working time and rest time, as well as providing smoking areas outside the work area and prohibiting smoking in the work area.

Keywords: Individual Characteristics, Workload, Work Fatigue