

ABSTRACT

Fatigue is a subjective feeling that is different for everyone, resulting in loss of efficiency, reduction in work capacity, health and survival of the body that result in accidents. The purpose of this study was to analyze the relationship of individual factors and work, with fatigue on a night shift nurse the IGD Hospital Prof. Dr. Soekandar Mojosari, Mojokerto.

This study was an observational analytic study with cross sectional design. Respondents were all night shift nurse the IGD Hospital Prof. Dr. Soekandar Mojosari, Mojokerto. The variables studied were individual factors consisting of age, tenure, nutritional status, and gender and occupational factors consisting of the state of monotonous work load and work to fatigue. The relationship test used Fisher's Exact Test correlation test and Spearman.

The results showed that most respondents aged ≤ 30 years, tenure > 5 years, more nutritional status, male, has a heavy workload and feeling of monotony in his work. Fatigue measurement using the checklist indicates that the majority of respondents were experiencing fatigue. The research proves that there is no relationship between age, tenure, nutritional status, gender, state of monotony with fatigue. The results also prove the existence of the relationship between workload to exhaustion with a value of $p = 0.043$ and $r = 0.456$ showing that the relationship between the two variables is weak.

The conclusion of the study shows that work load as a night shift nurse the IGD Hospital Prof. Dr. Soekandar Mojosari, Mojokerto causes exhaustion of work. The researcher suggests that Hospital Prof. Dr. Soekandar Mojosari, Mojokerto should enforce rules on shift schedules in order to avoid additional workload, create a policy to rotate the work to another part of the nurses, and nurse counseling on good nutrition.

Key words: individual factors, job factors, and fatigue of work