ABSTRACT

Workers are an important asset for the industry. Catering workers have high workload because of production activity for their consumer which can caused work fatigue. Fatigue may occur in the workforce by various factors including nutritional status, workload, and work climate. This study was conducted to determine the relationship between nutritional status, workload, and work climate with work fatigue.

This research was an observational analytic study using a cross sectional design. Samples were selected by simple random sampling method. Total samples were 43 peoples. The independent variables were the nutritional status, workload, and work climate. The dependent variable were work fatigue. The results of this research were analyzed by using spearman correlation test and multiple regression linier.

The results showed that the majority of respondents have a fat nutritional status (48.8%), light workload (55.8%), and high work fatigue (55.8%). Work climate in this catering were kitchen area 29,6˚C, non AC 26,5˚C area, and air-conditioned area 20,3˚C. Spearman correlation test results showed that the nutritional status has no relation with work fatigue (p=0,954), workload has a relation with fatigue (p=0.002), and the work climate has a relation with fatigue (p=0.004). Multiple regression linier test results showed that the most affect fatigue is work climate. Mostly high fatigue experienced by workers with fat nutritional status, heavy workload, and work climate more than the threshold value.

The conclusion of this research is nutritional status has no relation with fatigue, meanwhile workload and work climate have a relation with work fatigue. There are an advised for the industry such as providing sufficient drinking water supplies, and installing push pull system ventilation, especially in the kitchen area.

Keywords: worker, nutritional status, workload, work climate, work fatigue