

BEBERAPA FAKTOR YANG BERHUBUNGAN DENGAN KELELAHAN PADA PERAWAT  
RUMAH SAKIT ADI HUSADA UNDAAN WETAN KOTA SURABAYA

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FATIGUE

2008

**ABSTRACT**

This study was carried out to analyze some factors associated with fatigue among nurses employed in RS Adi Husada Undaan Wetan, Surabaya.

There objective of this study were to identify nurses characteristics, to study workload and duration of work, to describe the nutritional status of nurses, to measure objective fatigue and to analyze the associations between fatigue and individual characteristics (i.e. age, sex, education, length of employment) as well as associations between fatigue and workload, nutritional status of those nurses working in RS Adi Husada Undan Wetan, Surabaya.

The design of this study was observational with cross-sectional approach. The number of population was 380 nurses. The samples of this study were nurses who had met the given criteria i.e. sufficient night time sleep, no consumptions of drugs and alcoholic beverages, healthy and fit. Data were collected by means of the interview using questionnaire and measurement of fatigue with reaction timer. The data obtained were analyzed analytically using Chorelation Spearman test.

The result of this study showed that majority of respondents were within the age group of 18-40 years (97,4%), and with length of employment less than 10 years (75,3%). The workload of nurses was mainly moderate (74%) and most respondents worked 6-8 hours per day (42,9%) had normal nutritional status (77,9%) and (81,8%) of respondents were in state of fatigue.

Fatigue was significantly associated with age ( $p=0,002$ ) and duration of work ( $p=0,000$ )

No association were found between fatigue length of employment ( $p=0,713$ ), workload ( $p=0,199$ ) and nutritional status ( $p=0,083$ ).

In order to prevent the accumulation of fatigue, it is suggested that the company provide rest pause, for relaxtation ang eating a snack in addition to ashorter midday mealtime, replacement and periodic health examination be performed annually and physical exercise be taken regularly.

Key word : fatigue, sign of objective nurses fatigue

### ABSTRAK

Penelitian ini dilakukan untuk menganalisis beberapa factor yang berhubungan dengan kelelahan pada perawat RS Adi Husada Undaan Wetan, Surabaya.

Tujuan khusus penelitian ini untuk mengidentifikasi karakteristik individu, mempelajari beban kerja dan lama kerja, menganalisis hubungan karakteristik perawat, beban dan lama kerja serta status gizi dengan kelelahan pada perawat RS Adi Husada Undaan Wetan, Surabaya.

Rancang bangun penelitian ini adalah observasional dengan pendekatan *cross-sectional*. Jumlah populasi adalah 380 perawat. Sampel dari penelitian ini adalah perawat yang memenuhi kriteria yaitu kecukupan tidur malam, tidak mengkonsumsi obat-obatan dan alcohol, sehat dan bugar. Pengumpulan data melalui wawancara menggunakan kuesioner dan pengukuran kelelahan dengan *reaction timer*. Data yang diperoleh dianalisis secara analitik menggunakan Korelasi Spearman

Hasil penelitian menunjukkan bahwa sebagian besar responden dalam kelompok umur 18-40 tahun (97,4%), dan dengan masa kerja kurang dari 10 tahun (75,3%). Beban kerja perawat sebagian besar dalam taraf sedang (74 %) dan banyak reponden bekerja 6-8 jam per hari (42,9%). Status gizi normal (77,9%) dan yang lelah (81,8%). Kelelahan ada hubungan dengan usia (0,002) dan lama kerja (0,000). Tidak ada hubungan antara kelelahan dengan masa kerja ( $p=0,713$ ), beban kerja ( $p=0,199$ ) dan status gizi ( $p=0,083$ )

Untuk mencegah akumulasi kelelahan, perusahaan disarankan pemberian istirahat pendek, untuk relaksasi dan snack dapat ditambahkan pada waktu makan tengah hari, pemeriksaan kesehatan berkala dan pelaksanaan olah raga secara teratur.

Kata kunci : kelelahan, kelelahan objektif pada perawat