

ABSTRACT

For the more competitive public administration, the requirement that the government office staffs be professional and democratic will be greater. Therefore, it wished that the education and training centers of the civil servants was professionally managed and their programs were suitable with the objective needs.

In the Government Rules Number 101 the year 2000 on education and training of civil servant positions among others it is issued several kinds of education and training required to establish competence of civil servants for position level III is education and training of grading of administration level III, called (Diklat Pim III, Indonesian).

The research was to convey various factors related to the fatigue of participants of education and training of administration grading level III.

The research objectives were (1) identifying the characteristics of respondents, (2) examining the relationship between ages and pains of fatigue, (3) examining the relationship between nutrition status and pains of fatigue, (4) examining the relationship between break time and pains of fatigue, (5) examining between the relationship between sitting position and pains of fatigue, (6) examining the relationship between environmental burden (air-conditioned and non air-conditioned rooms) and pains of fatigue, and (7) examining the relationship between the use of OHP and pains of fatigue.

The research design was conducted by using Observational Cross Section Analysis toward 40 respondents of the participants of education and training of administration up grading level III. This is a case study at the Education and Training Board (Diklat, Indonesian), West Nusa Tenggara province.

The data collecting was conducted by using interview with previously tested questions. The data analysis was conducted by using Statistical Test of Logistic Regression. Seven variables to be analyzed were age, nutrition status, break time, fatigue pains, sitting position, environmental burden of air-conditioned and non air-conditioned rooms, and the use of OHP. They were hypothesized to have relationship with fatigue viewed from ordinal and nominal data scale. While the analysis and data testing were conducted by using Logistic Regression Test.

The research result showed that the respondents' ages were between 35 – 50 years old with average 45, their nutrition status was 45% normal and 55% over, their break time was between 0,25 hour – 1 hour with average 0,5 hour, their sitting positions were mostly suitable and unsuitable, most of the respondents stated the comfort and not comfort in the Ac-rooms, most of the respondents expected the use and not use of OHP, fatigue pains were found in the forms of learning, motivation, and physical fatigue. Their subjective fatigue pains which were the most dominant were characterized by the decrease of activities, motivation, and physics. The result of Statistical Testing between the subjective fatigue pains and the variables to be researched shoed no significant relationship ($p = 0,05$).

It needs further researches toward other factors causing fatigue such as methods of teaching conducted by instructors, environment, lightening and decoration, and some others.

Keywords: fatigue pains.