

ABSTRACT

Every job have different workloads as well as workers who have a different working capacity of each person. Workers with heavy workloads required the frequency and rest period that are different from workers with a light workload. If the workload bigger than the working capacity, it can caused fatigue for workers. One way to prevent fatigue is to set the rest period for workers.

The purpose of this research was to study the needs for additional rest period at formulation, warehouse and waste water treatment units in PT Du Pont Agricultural Products Indonesia. This was observational research, data were collected by observation, interview on workers, and measuring the heart-rate. The variables which studied including the characteristics of workers, physical workload and the needs of rest period. Data were analysed descriptively by describing it systematically then it will be presented in tabulation method.

The results of the study showed that workers at formulation, warehouse and waste water treatment units in PT Du Pont Agricultural Products Indonesia were categorised in productive age (29 – 41 years old). The category of workload at those unit based on heart-rate during work (25,36; 24,14; 32,82 beats per minutes), %CVL (22,93; 22,87; 26.75%) and recovery heart-rate (81,28; 81,39; 82 beats per minutes) were categorised in very light and no fatigue, and recovery heart-rate is normal. There was no needed for additional rest period because the time for rest which provided were enough which 75 minutes.

PT Du Pont Agricultural Products Indonesia is recommended to create a list of job allocations, to add workers at waste water treatment unit and to evaluate the workers' rest period.

Keywords: workers, workload, work rest period

ABSTRAK

Setiap pekerjaan memiliki beban kerja yang berbeda begitu pula dengan pekerja yang memiliki kapasitas kerja yang berbeda setiap orang. Pekerja dengan beban kerja berat membutuhkan frekuensi dan periode istirahat yang berbeda dengan pekerja dengan beban kerja yang ringan. Apabila beban kerja lebih besar dibandingkan dengan kapasitas kerja maka dapat menimbulkan kelelahan. Salah satu cara untuk mencegah kelelahan adalah dengan mengatur lama waktu istirahat pekerja.

Penelitian ini bertujuan untuk mempelajari kebutuhan waktu istirahat pada unit formulasi, unit warehouse dan unit waste water treatment di PT Du Pont Agricultural Products Indonesia. Penelitian ini termasuk penelitian observasional, data penelitian dikumpulkan dengan observasi, wawancara dengan pekerja, serta pengukuran denyut nadi. Variabel yang diteliti antara lain karakteristik pekerja, beban kerja fisik dan kebutuhan waktu istirahat. Data dianalisis secara deskriptif dengan cara menggambarkan secara sistematis kemudian disajikan dalam bentuk tabulasi.

Hasil penelitian menunjukkan bahwa pekerja pada unit formulasi, unit warehouse dan unit waste water treatment di PT Du Pont Agricultural Products Indonesia termasuk kategori usia produktif (29 – 41 tahun). Kategori beban kerja pada unit tersebut berdasarkan nadi kerja (25,36; 24,14; 32,82 denyut per menit), %CVL (22,93; 22,87; 26.75%) dan nadi pemulihan (81,28; 81,39; 82 denyut per menit) termasuk dalam kategori sangat ringan dan tidak terjadi kelelahan serta nadi pemulihan normal. Tidak perlu diadakannya tambahan waktu istirahat karena waktu istirahat yang diberikan sudah cukup yaitu 75 menit.

Pihak PT Du Pont Agricultural Products Indonesia disarankan untuk membuat daftar pembagian pekerjaan, menambah pekerja pada unit waste water treatment dan melakukan evaluasi mengenai waktu istirahat pekerja.

Kata kunci: pekerja, beban kerja, waktu istirahat kerja