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HUBUNGAN MASA KERJA DENGAN KELELAHAN KERJA PADA PEDAGANG SAYUR DI PASAR PAGI KARANGJATI

ABSTRAK

Latar belakang: Masa kerja pedagang sayur di pasar dipengaruhi oleh faktor distribusi, persaingan, dan permintaan konsumen. Mereka menghadapi jam kerja yang panjang, tekanan ekonomi, serta tantangan kesehatan. Oleh karena itu, diperlukan strategi adaptasi agar mereka tetap dapat bekerja secara berkelanjutan tanpa mengorbankan kesejahteraan mereka. Berdasarkan hasil observasi pedagang sayur di pasar pagi Karangjati pedagang mengeluh mengalami gejala kelelahan kerja seperti mengantuk, sulit berkonsentrasi serta nyeri di tubuh. Selain itu dalam kondisi lelah, pedagang lebih rentan mengalami kecelakaan, seperti terpeleset di area pasar yang basah atau terjatuh saat mengangkat barang. Kelelahan kerja tersebut jika terus-menerus dialami para pedagang tanpa perbaikan pola hidup, pedagang berisiko mengalami penyakit kronis seperti hipertensi, diabetes, atau gangguan jantung. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara masa kerja dengan kelelahan kerja pada pedagang sayur di pasar pagi Karangjati.

Metode: Jenis penelitian kuantitatif menggunakan pendekatan *cross sectional* melibatkan pengukuran variabel bebas (masa kerja) dan variabel terikat (kelelahan kerja). Jumlah responden sebanyak 55 pedagang sayur di pasar pagi Karangjati, menggunakan *total sampling*. Pengumpulan data yang dilakukan pada penelitian ini menggunakan kuisioner baku yaitu *Subjectif Self Rating Test*. Analisis data pada penelitian ini adalah uji *Fisher's exact test*.

Hasil: Ada hubungan masa kerja dengan kelelahan kerja pada pedagang sayur di pasar pagi Karangjati $p=0,024$.

Simpulan: Ada hubungan antara masa kerja dengan kelelahan kerja pada pedagang sayur di pasar pagi Karangjati.

Kata Kunci: Masa kerja, Kelelahan Kerja, Pedagang sayur

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THE CORRELATION BETWEEN WORK PERIOD AND FATIGUE IN EARLY MORNING VEGETABLE SELLER EARLY MORNING MARKET IN KARANGJATI

ABSTRAK

Background: working hours of vegetable seller in the market are influenced by distribution factors, competition, and consumer demand. They face long working hours, economic pressure, and health challenges. Therefore, adaptation strategies are needed to ensure they can continue working sustainably without compromising their well-being. Based on observations, Early morning vegetable seller at the Karangjati morning market reported experiencing symptoms of fatigue, such as drowsiness, difficulty concentrating, and body pain. Additionally, when fatigued, traders are more prone to accidents, such as slipping on wet market areas or falling while lifting goods. If work fatigue persists without lifestyle improvements, traders may be at risk of developing chronic illnesses such as hypertension, diabetes, or heart disease. The purpose of this study is to examine the relationship between work period and fatigue early morning vegetable seller at the early morning market in Karangjati.

Method: The quantitative research uses a cross-sectional approach, involving the measurement of the independent variable (work period) and the dependent variable (fatigue). The total number of respondents is 55 vegetable seller at the Karangjati morning market, using total *sampling*. Data collection in this study was conducted using a standardized questionnaire, namely the *Subjective Self-Rating Test*. The data analysis in this study employs *Fisher's exact test*.

Results: There is a correlation between work period and fatigue early morning vegetable seller in the early morning market in Karangjati, with a p-value of 0.024.

Conclusion: There is a significant correlation between work period and fatigue early morning vegetable seller in the early morning market in Karangjati

Keywords: Work period, Fatigue, Early Morning Vegetable Seller.