

Universitas Ngudi Waluyo
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Skripsi, Juli 2025
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**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KELELAHAN
KERJA PADA TENAGA KERJA DI INSTALASI GIZI RUMAH SAKIT
PARU Dr. ARIO WIRAWAN SALATIGA**

ABSTRAK

Latar Belakang: Kelelahan kerja dapat berdampak terhadap produktivitas dan kesehatan tenaga kerja. Penelitian ini bertujuan mengidentifikasi faktor-faktor yang berhubungan dengan kelelahan kerja pada tenaga kerja di Instalasi Gizi Rumah Sakit Paru Dr. Ario Wirawan Salatiga.

Metode: Penelitian analitik observasional dengan pendekatan *cross-sectional* pada 46 tenaga kerja menggunakan *total sampling*. Variabel independen meliputi usia, riwayat penyakit, status gizi, asupan zat gizi (energi, protein, lemak, karbohidrat, cairan), suhu ruang, lama kerja, dan beban kerja. Data dikumpulkan melalui wawancara, pengukuran antropometri, *food recall* 3×24 jam, pengukuran suhu ruang dan denyut nadi, serta kuesioner IFRC. Analisis menggunakan uji *Kendall's Tau* ($\alpha = 0,05$).

Hasil: Hanya riwayat penyakit yang menunjukkan hubungan signifikan dengan kelelahan kerja ($p = 0,007$). Variabel usia, status gizi, asupan zat gizi, suhu ruang, lama kerja, dan beban kerja tidak berhubungan signifikan ($p > 0,05$).

Kesimpulan: Riwayat penyakit merupakan satu-satunya faktor yang berhubungan signifikan dengan kelelahan kerja. Diperlukan perhatian khusus terhadap kondisi kesehatan tenaga kerja dalam upaya pencegahan kelelahan kerja di instalasi gizi.

Kata Kunci: kelelahan kerja, riwayat penyakit, tenaga kerja, instalasi gizi

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Final Assignment, July 2025
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**FACTORS ASSOCIATED WITH WORK FATIGUE AMONG WORKERS IN
THE NUTRITION INSTALLATION OF Dr. ARIO WIRAWAN PULMONARY
HOSPITAL SALATIGA**

ABSTRACT

Background: Work fatigue can affect worker productivity and health. This study aims to identify factors associated with work fatigue among workers at the Nutrition Unit of Dr. Ario Wirawan Salatiga Lung Hospital.

Methods: An observational analytical study with a cross-sectional approach was conducted on 46 workers using total sampling. Independent variables included age, medical history, nutritional status, nutrient intake (energy, protein, fat, carbohydrates, fluids), room temperature, working hours, and workload. Data were collected through interviews, anthropometric measurements, 3×24-hour food recall, room temperature and pulse rate measurements, and the IFRC questionnaire. Analysis used Kendall's Tau test ($\alpha = 0.05$).

Results: Only medical history showed a significant association with work fatigue ($p = 0.007$). The variables of age, nutritional status, nutrient intake, room temperature, working hours, and workload were not significantly associated ($p > 0.05$).

Conclusion: Medical history is the only factor significantly associated with work fatigue. Special attention should be given to the health condition of workers in efforts to prevent work fatigue in nutrition facilities.

Keywords: work fatigue, medical history, workers, nutrition facilities