

ABSTRACT

Background: Work fatigue is a health and safety problem, especially nurses in inpatient wards. The purpose of this study was to determine work fatigue on nurses in the inpatient room at H. Hanafie Muara Bungo Hospital in 2020.

Methods: This study was an analytical observational cross sectional approach. The sample in this study were 72 nurses in the inpatient room. The sampling technique was purposive sampling. The research variables are work fatigue, age, gender, years of service, marital status, educational status, number of children, distance from place of residence, workload, work shifts and sleep quality. Collecting data by interview method with questionnaire, analyzed using chi square analysis and multiple logistic regression.

Results: The proportion of work fatigue (55.6%), disturbed sleep quality (61.1%), heavy workload (68.1%) and the dominant shift during the day (47.2%). Bivariate analysis showed that there was a relationship between load ($P: 0.000$, $POR=17,89$ 95% $CI=5,32-60,18$), sleep quality ($P:0.005$, $POR=4,71$ 95% $CI=1,67- 13,75$) there is no correlation between day shift ($P: 0.050$ $POR=0.35$ 95% $CI=0.12-1.00$) and night shift ($P: 0.009$, $POR=0.00$ 95% $CI=0, 10-00$) risk of gender, years of service, marital status, educational status, number of children and distance of residence. The dominant factor of nurse work fatigue is the workload, the value of $POR= 20,69$ 95% $CI=3.03-141,07$ after controlling for variables, age, gender, marital status, educational status, number of children, and sleep quality.

Conclusion: Workload, sleep quality, gender, length of service, marital status, educational status, number of children and distance from place of residence are factors for work fatigue and the dominant factor for work fatigue is workload. It is recommended for hospital management to consider the results of research in determining policies on human resources (HR), nurses must be able to organize themselves so that they can work professionally and proportionally.

Keywords: Work fatigue, sleep quality, workload, work shift.

ABSTRAK

Latar Belakang : Kelelahan akibat kerja termasuk permasalahan pada kesehatan dan keselamatan kerja khususnya pada perawat di bangsal rawat inap. Tujuan Penelitian ini Untuk mengetahui kelelahankerjapadaperawat di Ruang Rawat inap RSUD H. Hanafie Muara Bungo Tahun 2020.

Metode : Penelitian ini dengan observasional analitik pendekatan *cross sectional*. Sampel dalam penelitian ini adalah 72 perawat di ruang rawat inap. Teknik pengambilan sampel menggunakan *purposive sampling*. Variabel penelitian kelelahan kerja, usia, jenis kelamin, masa kerja, status pernikahan, status pendidikan, jumlah anak, jarak tempat tinggal, beban kerja, shift kerja dan kualitas tidur. Pengambilan data dengan metode wawancara dengan kuesioner, dianalisis menggunakan analisis *chi squared* dan *regresi logistik berganda*.

Hasil : Proporsi kelelahan kerja (55,6%), kualitas tidur terganggu (61,1%), beban kerja berat, (68,1%) dan shift kerja dominan pada siang hari (47,2%). Analisis *bivariate* ada hubungan beban kerja ($P: 0,000$, $POR=17,89$ 95% $CI=5,32-60,18$), Kualitas tidur ($P: 0,005$, $POR=4,71$ 95% $CI=1,67- 13,75$), tidak ada hubungan shift kerja Siang ($P: 0,050$ $POR=0,35$ 95% $CI=0,12-1,00$) dan shift kerja malam ($P: 0,009$, $POR=0,00$ 95% $CI=0,10-00$) risiko jenis kelamin, masa kerja, status pernikahan, status pendidikan, jumlah anak dan jarak tempat tinggal. Faktor dominan Kelelahan kerja perawat adalah beban kerja nilai $POR= 20,69$ 95% $CI=3.03-141,07$ setelah dikontrol variabel, umur, jenis kelamin, status pernikahan, status pendidikan, jumlah anak, dan kualitas tidur.

Kesimpulan: Beban kerja, kualitas tidur, jenis kelamin, masa kerja, status pernikahan, status pendidikan, jumlah anak dan jarak tempat tinggal merupakan faktor terjadinya kelelahan kerja dan faktor dominan kelelahan kerja ialah beban kerja. Disarankan Bagi Manajemen Rumah Sakit agar memperperhatikan hasil penelitian dalam menentukan kebijakan tentang sumber daya manusia (SDM), bagi perawat harus mampu mengatur diri agar bisa bekerja secara profesional dan proporsional.

Kata Kunci : *Kelelahan kerja, Kualitas tidur, Beban kerja, Shift Kerja.*