

The Study Model Of Workload, Sleep Quality With Work Fatigue On Worker In Oil And Gas And Palm Plantations Industry

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ABSTRACT

Fatigue is one of the risk factors that contributes greatly to the occurrence of work accidents that can cause death. Workers who experience fatigue will give a negative contribution to the safety performance of workers, a decrease in the level of worker productivity, low quality of work, and an increase in the risk of work accidents. This study aims to examine the risk factors, either directly or indirectly, causing fatigue in workers in the oil and gas and oil palm industries using the Structural Equation Modeling (SEM) approach. This research is a quantitative study with a cross sectional design. This research was conducted from March-November 2021 with a total sample of 222 people who are workers in the oil and gas industry and oil palm plantations in Jambi Province. This study uses an international standardized questionnaire from the Industrial Fatigue Research Committee (IFRC), NASA TLX AND PSQI. The results of this research are that the value of cr (Critical correlation) is -0.334 which has met the requirements for data normality. Furthermore, the model suitability test was carried out through a study with the goodness of fit criteria, with indicators X² Chi Square, CMIN/DF, RMSEA and CFI. The test results show that the model used is acceptable. From this study, it can be concluded that there is a significant effect of sleep quality on work fatigue.

Keywords: Workload, Sleep quality, fatigue.