

EVALUASI PENGGUNAAN TENDA PADA PROSES PEMANENAN PADI SEMI MEKANIS

INTISARI

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Kegiatan pemanenan padi semi mekanis menggunakan alat perontok *hand thresher* termasuk kegiatan kerja manual yang dapat menyebabkan kelelahan kerja. Kelelahan kerja pemanenan padi diperparah dengan sinar dan paparan matahari secara langsung. Penghitungan nilai *cardiovascular load* (CVL) digunakan untuk mengetahui beban kerja fisik yang diterima pemanen selama bekerja. Nilai CVL pemanen padi tanpa tenda sebesar 21,96% dan termasuk dalam kategori beban kerja fisik sedang, sedangkan nilai CVL pemanen padi menggunakan tenda sebesar 15,15% dan termasuk dalam kategori beban kerja fisik sedang.

Berdasarkan hasil uji beda didapatkan nilai sig (*2-tailed*) denyut jantung sebesar 0,000 dan nilai sig (*2-tailed*) suhu tubuh 0,524. Berdasarkan dasar pengambilan keputusan *Independent Samples Test*, nilai sig (*2-tailed*) denyut jantung $0,000 < 0,05$ yang berarti ada perbedaan signifikan denyut jantung petani tanpa tenda dan menggunakan tenda. Sedangkan nilai sig (*2-tailed*) suhu tubuh $0,524 > 0,05$ yang berarti tidak ada perbedaan signifikan suhu tubuh petani yang bekerja tanpa tenda dan menggunakan tenda. Walaupun demikian, berdasarkan perhitungan statistik, penggunaan tenda dapat menurunkan denyut jantung pemanen dari 88 denyut per menit menjadi 81 denyut per menit dan menurunkan suhu tubuh dari $35,28^{\circ}\text{C}$ menjadi $35,15^{\circ}\text{C}$.

Kata kunci: Beban kerja fisik, *cardiovascular load*, petani

EVALUATION OF THE USE OF TENT ON SEMI-MECHANICAL RICE HARVESTING PROCESS

ABSTRACT

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Semi-mechanical rice harvesting activities using hand thresher include manual work activities that can cause work fatigue. The fatigue of harvesting rice is exacerbated by direct sunlight and exposure. Calculation of the value of cardiovescular load (CVL) is used to determine the physical workload received by harvesters during work. The CVL value of rice harvesters without a tent is 21,96% and is included in the category of moderate physical workload, while the CVL value of rice harvesters using a tent is 15,15% and is included in the category of moderate physical workload.

Based on the results of the different tests, the sig (2-tailed) heart rate value was 0,000 and the sig (2-tailed) body temperature value was 0,524. Based on the decision making basis of the Independent Samples Test, the sig (2-tailed) heart rate value is $0,000 < 0,05$, which means that there is a significant difference in the heart rate of farmers without a tent and using a tent. While the value of sig (2-tailed) body temperature $0,524 > 0,05$ which means there is no significant difference in body temperature of farmers who work without tents and use tents. However, based on statistical calculations, the use of a tent can reduce the heart rate of harvesters from 88 beats per minute to 81 beats per minute and lower body temperature from 35,28°C to 35,15°C.

Keywords: Physical workload, cardiovescular load, peasant