

INTISARI

Judul : Beban Kerja dan Perasaan Kelelahan Kerja pada Pekerja Wanita dengan Peran Ganda di PT. Asia Megah Foods Manufacture Padang

Latar Belakang : Bekerja bagi seorang wanita dapat memberikan dampak positif seperti timbulnya harga diri, lebih mandiri dan dapat menunjang kehidupannya. Di sisi lain, dampak negatif dari pekerjaan dapat berupa penyakit yang timbul akibat melakukan pekerjaan, kecelakaan dan gangguan-gangguan yang ditimbulkan oleh lingkungan kerja. Pekerja wanita yang bekerja diluar rumah memerlukan energi yang lebih besar bila dibandingkan dengan wanita dalam peran kodratinya saja. Peran ganda bagi pekerja wanita tanpa disadari telah meningkatkan tekanan fisik, mental dan adanya kompetisi dalam menggunakan waktu, energi dan perhatian dalam melaksanakan pekerjaan di luar rumah dan pekerjaan di rumah tangga. Hal ini dapat menimbulkan kelelahan kerja akibat beban kerja yang berat baik beban kerja di tempat kerja maupun di rumah tangga.

Tujuan : Mengetahui hubungan beban kerja di tempat kerja dan di rumah tangga terhadap kelelahan kerja pada pekerja wanita dengan peran ganda di PT. Asia Megah Foods Manufacture Padang.

Metode Penelitian : Penelitian dilaksanakan secara observasional studi dengan disain penelitian *cross sectional*. Subyek penelitian adalah pekerja wanita dengan status menikah di PT. Asia Megah Foods Manufacture Padang, subyek yang memenuhi kriteria inklusi dan eksklusi berjumlah 75 responden. Data yang diperoleh dianalisis secara univariat, bivariat dan multivariat.

Hasil : Beban kerja di tempat kerja dengan kelelahan kerja berdasarkan pengukuran WRC menunjukkan hubungan positif ($r = 0,352$) dan sangat signifikan ($p = 0,002$). Beban kerja di tempat kerja dengan kelelahan kerja berdasarkan pengukuran KAUPK2 menunjukkan hubungan positif ($r = 0,494$) sangat signifikan ($p = 0,000$). Beban kerja di rumah tangga dengan kelelahan kerja berdasarkan pengukuran WRC menunjukkan hubungan positif ($r = 0,255$) dan signifikan ($p = 0,027$). Sedangkan beban kerja di rumah tangga berdasarkan pengukuran KAUPK2 tidak berhubungan dengan kelelahan kerja ($p = 0,102$). Beban kerja di tempat kerja dan di rumah tangga dengan kelelahan kerja berdasarkan pengukuran WRC menunjukkan hubungan positif ($r = 0,335$) dan sangat signifikan ($p = 0,003$). Beban kerja di tempat kerja dan di rumah tangga dengan kelelahan kerja berdasarkan pengukuran KAUPK2, menunjukkan hubungan positif ($r = 0,341$) dan sangat signifikan ($p = 0,003$).

Kesimpulan : Beban kerja di tempat kerja berdasarkan jenis pekerjaan paling besar hubungannya dengan kelelahan kerja.

Kata kunci : Beban kerja, kelelahan kerja, pekerja wanita, peran ganda.

**BEBAN KERJA DAN PERASAAN KELELAHAN KERJA
PADA PEKERJA WANITA DENGAN PERAN GANDA
DI PT. ASIA MEGAH FOODS MANUFACTURE PADANG**

**WORKLOAD AND FATIGUE AMONG FEMALE WORKERS
WITH DUAL ROLE AT PT. ASIA MEGAH FOODS MANUFACTURE PADANG**

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ABSTRACT

Background: Having a job for a women may bring positive effects such as the rise of self-esteem, independence and supporting one's life. On the other hand, there are negative effects of having a job such as having diseases as a result of doing the job, accidents and disorder caused by working environment. Female workers who work outside need a greater energy compared to those who are at home with their typical role of doing housekeeping work. Dual role of female workers has unconsciously increased physical and mental pressure, competition in using time, energy and attention in doing work outside and inside the household. This can lead to fatigue as a result of heavy workload both at the workplace and the household.

Objective: To identify association between workload at the workplace and the household and fatigue among female workers with dual role at PT. Asia Megah Foods Manufacture, Padang.

Method: This study was an observation with cross sectional design. Subject of the study were married female workers at PT. Asia Megah Foods Manufacture, Padang. Subject that meet inclusion and exclusion criteria were as many as 75 respondents. Data obtained were analyzed using univariate, bivariate and multivariate techniques.

Result: Workload in the workplace and fatigue based on light stimulating period measurement showed a positive relationship ($r=0.352$) and a very significant relationship ($p=0.002$). Workload in the workplace and fatigue based on work fatigue measurement instrument questionnaires showed a positive relationship (0.494) and a very significant relationship ($p=0.000$). Workload in the household and fatigue based on light stimulating period measurement showed a positive relationship ($r=0.225$) and a significant relationship ($p=0.027$). Whereas workload in the household based on work fatigue measurement instrument questionnaires did not have relationship with fatigue ($p=0.102$). Workload in the workplace and in the household and fatigue based on light stimulating period measurement showed a positive relationship ($r=0.335$) and a very significant relationship ($p=0.003$). Workload in the workplace and in the household and fatigue based on work fatigue measurement instrument questionnaires showed a positive relationship ($r=0.341$), and a very significant relationship ($p=0.003$).

Conclusion: Workload at the workplace based on types of work had a very close association with fatigue.

Keywords: workload, fatigue, female workers, dual role.

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