

DETERMINANTS OF WORK FATIGUE AMONG PRODUCTION DIVISION WORKERS IN AN INCORPORATED COMPANY

Rizki Aqsyari D¹⁾, Willia Novita Eka Rini²⁾, David Kusmawan³⁾

¹⁾Masters Program in Public Health, Universitas Sebelas Maret

²⁾Study Program of Public Health, Faculty of Medicine and Health Sciences, Universitas Jambi

ABSTRACT

Background: Work fatigue is a state of feeling tired, weary, or sleepy that results from prolonged mental and physical work, extended periods of anxiety, exposure to harsh environment, or loss of sleep. It is a complex phenomenon that can be attributed to many factors. Work fatigue is damaging both psychologically and physically, leading to less efficient work recovery, negative work attitudes, and health-related difficulties. The purpose of this study was to determine factors associated with work fatigue among production division workers in an incorporated company.

Subjects and Method: A cross sectional study was carried out in an incorporated company in Jambi, Sumatera, Indonesia. A sample of 102 workers was selected by purposive sampling. The dependent variable was work fatigue. The independent variables were age, nutritional status, work load, work shift, tenure, work duration, and smoking. The data were collected by a questionnaire and analyzed using a multiple logistic regression.

Results: Work fatigue in production division workers was affected by long tenure (OR= 4.66; 95% CI= 1.07 to 20.18; p= 0.030), work shift (OR= 2.90; 95% CI= 1.01 to 8.26; p= 0.040), high workload (OR= 2.72; 95% CI= 0.96 to 7.70; p= 0.050), older age (OR= 1.27; 95% CI= 0.28 to 5.59; p= 0.750), poor nutritional status (OR=3.15; 95% CI=0.72 to 13.74; p= 0.120), long work duration (OR= 1.47; 95% CI= 0.50 to 4.26; p= 0.470), and smoking (OR= 1.04; 95% CI= 0.38 to 2.81; p= 0.920).

Conclusion: Work fatigue in production division workers is affected by long tenure, work shift, high workload, older age, poor nutritional status, long work duration, and smoking.

Keywords: work fatigue, work shift, work load, tenure, work duration

Correspondence:

Rizki Aqsyari D. Masters Program in Public Health, Universitas Sebelas Maret. Jl Ir. Sutami 36A, Surakarta, Central Java 57126. Email: Rizkiaqsyarid@gmail.com. Mobile: +6281272778423.