

**PROGRAM STUDI SI ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Penelitian, Juni 2026

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**Hubungan Beban Kerja, Lama Kerja Dan Masa Kerja Dengan Kelelahan
Kerja Pada Petugas Badan Penanggulangan Bencana Daerah Provinsi Riau**

xiii+90 halaman+11 tabel+11 lampiran

ABSTRAK

Kelelahan kerja merupakan kondisi yang dapat menurunkan kemampuan fisik dan mental serta meningkatkan risiko kesalahan dan kecelakaan kerja. Petugas BPBD memiliki tuntutan kerja tinggi, kondisi kerja tidak menentu, dan kebutuhan respons cepat yang berpotensi menyebabkan kelelahan. Penelitian ini bertujuan mengetahui hubungan beban kerja, lama kerja, dan masa kerja dengan kelelahan kerja pada petugas BPBD Provinsi Riau. Penelitian ini menggunakan metode kuantitatif dengan desain observasional analitik dan pendekatan cross sectional. Populasi dan sampel berjumlah 92 petugas dengan teknik total sampling. Data dikumpulkan menggunakan kuesioner dan dianalisis secara univariat serta bivariat menggunakan uji Chi-Square. Hasil penelitian menunjukkan sebagian besar responden mengalami kelelahan kerja berat sebanyak 76 orang (82,6%). Terdapat hubungan antara beban kerja ($p = 0,000$) dan lama kerja ($p = 0,014$) dengan kelelahan kerja. Namun, tidak terdapat hubungan antara masa kerja dengan kelelahan kerja ($p = 0,475$). Disimpulkan bahwa beban kerja dan lama kerja berhubungan dengan kelelahan kerja pada petugas BPBD Provinsi Riau..

Kata Kunci : Beban Kerja, Lama Kerja, Masa Kerja, Kelelahan Kerja, Petugas BPBD

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**UNDERGRADUATE PROGRAM IN PUBLIC HEALTH, FACULTY OF
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Research, June 2026

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**The Relationship Between Workload, Hours Worked, and Length of Service
and Work-Related Fatigue Among Staff of the Riau Provincial Disaster
Management Agency**

xiii+90 pages+11 tables+11 appendices

ABSTRACT

Work-related fatigue is a condition that can impair physical and mental performance and increase the risk of errors and workplace accidents. BPBD officers face high work demands, unpredictable working conditions, and the need for rapid response, all of which have the potential to cause fatigue. This study aims to determine the relationship between workload, working hours, and length of service with work-related fatigue among BPBD officers in Riau Province. This study used a quantitative method with an analytical observational design and a cross-sectional approach. The population and sample consisted of 92 officers selected using total sampling. Data were collected via a questionnaire and analyzed univariately and bivariate using the Chi-Square test. The results showed that the majority of respondents—76 individuals (82.6%)—experienced severe work-related fatigue. There was an association between workload ($p=0.000$) and duration of work ($p=0.014$) with work-related fatigue. However, there was no association between length of service and work-related fatigue ($p=0.475$). It was concluded that workload and duration of work are associated with work-related fatigue among Riau Provincial BPBD officers.

Keywords: *Workload, Working Hours, Length of Service, Work-Related Fatigue, BPBD Staff*

References: 20 (2015–2025)