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**Hubungan Antara Shift Kerja, Stress Kerja, Dan Kelelahan Pada Pekerja
Industri Migas**

xiii+77 halaman+2 tabel+6 lampiran

ABSTRAK

Kerja shift banyak diterapkan di industri minyak dan gas untuk menjaga keberlangsungan operasi selama 24 jam, namun kondisi tersebut dapat meningkatkan risiko terhadap kesehatan dan keselamatan pekerja. Penelitian ini bertujuan menganalisis hubungan kerja shift, stres kerja, dan kelelahan pada pekerja industri minyak dan gas melalui tinjauan sistematis literatur. Penelusuran literatur dilakukan terhadap artikel yang diterbitkan pada tahun 2020–2025 melalui database PubMed, ScienceDirect, dan Google Scholar dengan menggunakan kata kunci “shift work”, “stress”, “fatigue”, dan “oil and gas industry”. Seleksi artikel mengikuti pedoman PRISMA, sehingga diperoleh 21 artikel yang memenuhi kriteria inklusi dan dianalisis secara naratif deskriptif. Hasil tinjauan menunjukkan bahwa kerja shift, terutama shift malam dan durasi kerja yang panjang, berhubungan dengan peningkatan stres kerja dan kelelahan pada pekerja. Selain itu, faktor psikososial berupa beban kerja tinggi, kurangnya dukungan manajerial, dan lemahnya budaya keselamatan turut memperburuk kondisi kelelahan serta meningkatkan risiko terjadinya kecelakaan kerja. Intervensi yang dinilai efektif meliputi penerapan Fatigue Risk Management System, penjadwalan kerja yang ergonomis, serta penguatan budaya keselamatan. Tinjauan ini menegaskan pentingnya integrasi kebijakan K3 yang berfokus pada manajemen kelelahan dan kesejahteraan pekerja untuk meningkatkan keselamatan dan produktivitas di sektor minyak dan gas.

Kata kunci: kerja shift; stres kerja; kelelahan; keselamatan kerja; industri minyak dan gas

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Shift Work, Stress, And Occupational Fatigue In The Oil And Gas Industry

xiii + 79 pages + 2 tables + 6 appendices

ABSTRACT

Shift work is widely practiced in the oil and gas industry to ensure 24-hour operations, but these conditions can increase risks to workers' health and safety. This study aims to analyze the relationship between shift work, work-related stress, and fatigue among oil and gas industry workers through a systematic literature review. A literature search was conducted on articles published between 2020 and 2025 using the PubMed, ScienceDirect, and Google Scholar databases with the keywords "shift work," "stress," "fatigue," and "oil and gas industry." Article selection followed the PRISMA guidelines, resulting in 21 articles that met the inclusion criteria and were analyzed using a descriptive narrative approach. The review findings indicate that shift work—particularly night shifts and long work hours—is associated with increased work-related stress and fatigue among workers. Additionally, psychosocial factors such as high workloads, lack of managerial support, and a weak safety culture further exacerbate fatigue and increase the risk of workplace accidents. Interventions deemed effective include the implementation of a Fatigue Risk Management System, ergonomic work scheduling, and the strengthening of a safety culture. This review underscores the importance of integrating occupational safety and health (OSH) policies focused on fatigue management and worker well-being to improve safety and productivity in the oil and gas sector.

Keywords: *shift work; occupational stress; fatigue; workplace safety; oil and gas industry*

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