

**HUBUNGAN KUALITAS TIDUR, BEBAN KERJA DAN SHIFT KERJA
DENGAN KELELAHAN KERJA PETUGAS DAMKAR
DI KOTA PEKANBARU**

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ABSTRAK

Kelelahan kerja merupakan kondisi menurunnya kemampuan fisik dan mental akibat aktivitas kerja berkepanjangan yang dapat meningkatkan risiko kecelakaan, menurunkan konsentrasi, dan mengurangi produktivitas. Petugas pemadam kebakaran termasuk kelompok pekerja yang berisiko tinggi mengalami kelelahan karena harus selalu siap siaga dalam melaksanakan tugas pemadaman, penyelamatan, dan penanganan keadaan darurat. Penelitian ini bertujuan mengetahui hubungan kualitas tidur, beban kerja, dan shift kerja dengan kelelahan kerja pada petugas pemadam kebakaran di Kota Pekanbaru. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross sectional*. Populasi berjumlah 210 petugas dan seluruhnya dijadikan sampel menggunakan teknik *total sampling*. Data dikumpulkan menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI), Swedish Occupational Fatigue Inventory (SOFI), dan Industrial Fatigue Research Committee (IFRC). Analisis dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat kepercayaan 95% ($\alpha = 0,05$). Hasil penelitian menunjukkan sebagian besar responden memiliki kualitas tidur buruk (77,1%), beban kerja berat (70,0%), bekerja dengan sistem shift (76,2%), dan mengalami kelelahan kerja berat (72,4%). Uji Chi-Square menunjukkan kualitas tidur tidak berhubungan dengan kelelahan kerja ($p = 0,407$; OR = 1,37), sedangkan beban kerja dan shift kerja berhubungan signifikan dengan kelelahan kerja ($p < 0,05$). Di sarankan bagi peneliti selanjutnya untuk meneliti dari variabel lain mengenai kelelahan kerja dan bagi tempat kerja agar mengendalikan faktor resiko kelelahan kerja.

Kata Kunci : Kualitas Tidur, Beban Kerja, Shift Kerja, Kelelahan Kerja, Petugas Pemadam Kebakaran.

**THE RELATIONSHIP BETWEEN SLEEP QUALITY, WORKLOAD, AND
SHIFT WORK AND WORK FATIGUE AMONG FIREFIGHTERS IN
PEKANBARU CITY**

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ABSTRACT

Work fatigue is a condition characterized by decreased physical and mental capacity due to prolonged work activities, which may increase the risk of occupational accidents, reduce concentration, and decrease productivity. Firefighters are among the occupational groups at high risk of experiencing work fatigue because they are required to remain alert and ready to perform firefighting, rescue, and emergency response duties at all times. This study aimed to determine the relationship between sleep quality, workload, and shift work with work fatigue among firefighters in Pekanbaru City. This quantitative study employed a cross-sectional design. The study population consisted of 210 firefighters, all of whom were included as participants using a total sampling technique. Data were collected using the Pittsburgh Sleep Quality Index (PSQI), the Swedish Occupational Fatigue Inventory (SOFI), and the Industrial Fatigue Research Committee (IFRC) questionnaire. Data were analyzed using univariate and bivariate analyses with the Chi-square test at a 95% confidence level ($\alpha = 0.05$). The results showed that most respondents had poor sleep quality (77.1%), heavy workload (70.0%), worked in shifts (76.2%), and experienced severe work fatigue (72.4%). The Chi-square test indicated that sleep quality was not significantly associated with work fatigue ($p = 0.407$; $OR = 1.37$), whereas workload and shift work were significantly associated with work fatigue ($p < 0.05$). It is recommended for future researchers to examine other variables regarding work fatigue and for the workplace to control the risk factors of work fatigue.

Keywords : *Sleep Quality, Workload, Work Shifts, Work Fatigue, Firefighters*