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Factors Related To Job Burnout In Employees At Kantor KUD Tani Bahagia Kulim Jaya Tahun 2021

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ABSTRACT

Work fatigue is defined as the physical situation of the body, activities and weakened motivation to do a job. Age, gender, years of service, length of work are one of the factors that cause work fatigue. Based on a preliminary survey that was conducted at Kantor KUD Tani Bahagia Kulim Jaya regarding work fatigue for 10 employees, 7 people experienced work fatigue and 3 people did not experience work fatigue. This purpose of this is to determine the factors associated with work fatigue. This type of research is a quantitative research using a Cross Sectional approach. This research was conducted at Kantor KUD Tani Bahagia Kulim Jaya using a total questionnaire technique. Then analyzed univariate and bivariate using chi square test. The results showed that the factors associated with work fatigue were gender (P value = 0.024 < 0.05), years of service (P value 0.016 < 0.05). Meanwhile, what is not related to work fatigue is age and length of work. The conclusion of this study is that the factors associated with work fatigue are gender and years of service. It is recommended to employees to reduce excessive working hours.

Keywords : Work Fatigue, Gender, Years of service

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