

ABSTRAK

PT. Pindo Deli Pulp and Paper Mills merupakan salah satu industri kertas yang memproduksi berbagai macam jenis produk kertas. Setelah dilakukan studi pendahuluan, diketahui dalam proses produksi operator juga harus melakukan beberapa pekerjaan lain selain pekerjaan utama yang dikerjakannya secara bersamaan. Berdasarkan hasil observasi berupa wawancara pada 4 operator produksi dan hasil dari wawancara operator merasakan kelelahan akibat pekerjaan yang dilakukan.

Penelitian dilakukan pada unit produksi PM 12 PT Pindo Deli Pulp and Paper Mills. Jenis penelitian ini adalah penelitian deskriptif, Instrumen yang digunakan dalam penelitian ini adalah kuesioner *Subjective Self Rating Test* (SSRT) dari *Industrial Fatigue Research Committee* (IFRC) Jepang. Sampel populasi dari penelitian adalah seluruh operator produksi Unit Produksi PM 12 yang berjumlah 18 orang.

Dari hasil penelitian didapatkan bahwa 8 responden (44%) mengalami kelelahan rendah dan 10 responden (56%) mengalami kelelahan sedang. Dari hasil penghitungan persentase indeks keluhan kelelahan kerja yang paling tinggi pada kategori jenis keluhan pelemah kegiatan didapatkan bahwa sebanyak 30% mengeluhkan lelah di seluruh badan, 33% mengeluhkan menguap, 41% mengeluhkan mengantuk, pada kategori jenis keluhan pelemah motivasi sebanyak 31% mengeluhkan sulit untuk memusatkan perhatian, 30% mengeluhkan merasa cemas, pada kategori kelelahan fisik sebanyak 39% mengeluhkan sakit di kepala, 33% mengeluhkan nyeri di punggung, 59% mengeluhkan haus 31% mengeluhkan merasa pening, 33% mengeluhkan spasme di kelopak mata. 33% mengeluhkan merasa kurang sehat.

KARAWANG

Kata kunci: kelelahan kerja, *subjective self rating test*, operator produksi

ABSTRACT

PT. Pindo Deli Pulp and Paper Mills is one of the paper industries that produces various types of paper products. After conducting a preliminary study, it is known that in the production process the operator must also do some other work besides the main work that he does simultaneously. Based on the results of observations in the form of interviews with 4 production operators and the results of the interview operators feel fatigue due to work done.

The study was conducted at the PM 12 production unit of PT Pindo Deli Pulp and Paper Mills. This type of research is a descriptive study, the instrument used in this study is the Subjective Self Rating Test (SSRT) questionnaire from the Industrial Fatigue Research Committee (IFRC) of Japan. Population samples from the study are all production operators PM 12 Production Units, amounting to 18 people.

The results showed that 8 respondents (44%) experienced low fatigue and 10 respondents (56%) experienced moderate fatigue. From the results of the calculation of the highest percentage of work fatigue complaints index in the category of activity weakening complaints, it was found that as many as 30% complained of fatigue throughout the body, 33% complained of yawning, 41% complained of drowsiness, in the category of complaints weakening motivation as much as 31% complained that it was difficult to focus attention, 30% complain of anxiety, in the category of physical fatigue as much as 39% complain of pain in the head, 33% complain of pain in the back, 59% complain of thirsty 31% complain of feeling dizzy, 33% complain of spasm in the eyelids. 33% complained of feeling unwell.

KARAWANG

Keywords: work fatigue, subjective self rating test, production operator