

TINJAUAN KUALITAS LINGKUNGAN FISIK DAN KELELAHAN TENAGA KERJA DI CV KAYU MANIS DONOLOYO TAMANAN BANGUNTAPAN BANTUL

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INTISARI

Kualitas lingkungan fisik penting untuk diukur karena merupakan faktor yang berhubungan langsung dengan tenaga kerja dan dapat mempengaruhi kondisi tenaga kerja saat melakukan proses produksi. Lingkungan fisik yang tidak sesuai dengan batas yang telah ditetapkan dapat menyebabkan gangguan bagi tenaga kerja yang dapat berdampak pada kelelahan kerja. Kelelahan kerja dapat diketahui secara subjektif berdasarkan perasaan yang dialami tenaga kerja. Penelitian ini bertujuan untuk mengetahui kualitas lingkungan fisik (suhu, kelembaban, pencahayaan, kebisingan), tingkat kelelahan kerja, karakteristik tenaga kerja, dan upaya higiene industri yang sudah dilakukan di CV Kayu Manis. Jenis penelitian ini adalah penelitian survei. Penentuan sampel dalam penelitian ini menggunakan teknik *total sampling* yaitu sebanyak 60 tenaga kerja bagian produksi. Teknik pengumpulan data dilakukan dengan pengukuran, wawancara, dan pembagian kuesioner. Hasil penelitian menunjukkan bahwa karakteristik tenaga kerja di CV Kayu Manis yaitu 33,33% atau 20 orang berada pada kelompok usia 43-48 tahun, 85% atau 51 orang berjenis kelamin laki-laki, 55% atau 33 orang berada pada kelompok masa kerja 2-4 tahun, dan 91,67% atau 55 orang dalam keadaan sehat saat dilakukan penelitian. Hasil pengukuran kualitas lingkungan fisik menunjukkan bahwa kualitas suhu, kelembaban, dan pencahayaan di seluruh ruang produksi CV Kayu Manis tidak memenuhi syarat, sedangkan kualitas kebisingan tidak memenuhi syarat pada ruang komponen. Hasil pengukuran kelelahan kerja menunjukkan bahwa sejumlah 35% atau 21 tenaga kerja mengalami kelelahan kerja.

Kata kunci : suhu, kelembaban, pencahayaan, kebisingan, kelelahan kerja

REVIEW OF THE QUALITY OF PHYSICAL ENVIRONMENT AND LABOR FATIGUE AT CV KAYU MANIS DONOLOYO TAMANAN BANGUNTAPAN BANTUL

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ABSTRACT

The quality of the physical environment is important to measure as a factor that is directly related to labor and can affect labor conditions when carrying out the production process. The physical environment that is not in accordance with the predetermined limits can cause disruption to the workforce which can have an impact on work fatigue. Work fatigue can be determined subjectively based on the feelings experienced by workers. This study aims to determine the quality of the physical environment (temperature, humidity, lighting, noise), the level of work fatigue, labor characteristics, and industrial hygiene efforts that have been made at CV Kayu Manis. This type of research is survey. Determination of the sample in this study using a total sampling technique as many as 60 production workers. The data collection technique was done by measuring, interviewing, and distributing questionnaires. The results showed that the characteristics of the workforce at CV Kayu Manis were 33.33% or 20 people were in the 43-48 years age group, 85% or 51 people were male, 55% or 33 people were in the 2-4 year working period group, and 91.67% or 55 people were in good health at the time of the study. The results of the measurement of the quality of the physical environment indicate that the quality of temperature, humidity, and lighting in the entire production room of CV Kayu Manis does not meet the requirements, while the quality of the noise does not meet the requirements in the component room. The results of the measurement of work fatigue show that 35% or 21 workers experience work fatigue.

Keywords : temperature, humidity, lighting, noise, work fatigue