

MANFAAT JUS NENAS (*Ananas Comossus (L) Merr*) UNTUK MENURUNKAN KELELAHAN KERJA

Yemima Nora Sitohang¹, Yamtana², Rizki Amalia³

1,2,3, Poltekkes Kemenkes Yogyakarta
JL. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : yemimasitohang49@gmail.com

INTI SARI

Kelelahan kerja merupakan suatu keadaan yang dialami para tenaga kerja yang dapat mengakibatkan penurunan vitalitas dan produktivitas kerja. Kelelahan kerja memberikan kontribusi 50% terhadap terjadinya kecelakaan kerja (Setyawati, 2010). Data dari *International Labour Organization* (ILO) menyebutkan hampir setiap tahun sebanyak 2 juta pekerja meninggal dunia karena kecelakaan kerja yang disebabkan oleh faktor kelelahan. Buah Nenas (*Ananas comosus (L.) Merr*) merupakan salah satu jenis buah tropis. Komposisi alami nenas terdiri dari kalori, mineral (kalsium, fosfor, besi, natrium, kalium, magnesium, tembaga, mangan dan selenium), dan vitamin (A, B1, B2, B6, B12, C, E, K). Vitamin B yang paling membantu dalam melawan kelelahan antara lain *pyridoxine* atau Vitamin B6; *thiamine* atau vitamin B1; asam *pantothenic* atau vitamin B5. Jenis vitamin B saling bekerjasama untuk melakukan fungsi metabolisme dasar yang mengatur tingkat vitalitas dan energi dari tubuh. Oleh karena itu peneliti tertarik melakukan penelitian manfaat jus Nenas (*Ananas comosus (L.) Merr*) untuk menurunkan kelelahan kerja. Tujuan penelitian ini adalah mengetahui manfaat jus Nenas (*Ananas comosus (L.) Merr*) untuk menurunkan kelelahan kerja.

Penelitian ini merupakan *Quasi Eksperimen* dengan desain penelitian *Non Equivalent Control Group Design*. Subyek penelitian ini adalah 30 buruh gendong yang ada di Pasar Induk Buah Gemah Ripah. Subyek penelitian 30 buruh gendong dibagi menjadi dua kelompok yaitu kelompok perlakuan sebanyak 20 responden dan kelompok kontrol sebanyak 10 responden. Pengukuran kelelahan kerja menggunakan *reaction timer*.

Hasil pengukuran uji Normalitas Data dengan uji *Shapiro-Wilk* menunjukkan *p-value* signifikan 0,05, berarti data tersebut berdistribusi normal. Setelah diperoleh distribusi data normal pengujian dilanjutkan dengan menggunakan *T-test Bebas*. Hasil yang diperoleh yaitu nilai penurunan tingkat kelelahan kerja pada kelompok perlakuan dengan diberikan jus Nenas (*Ananas comosus (L.) Merr*) sebesar 32,4%, sedangkan pada kelompok kontrol didapatkan hasil sebesar 25,3%. Berdasarkan hasil uji *T-Test Bebas* didapatkan nilai *Asymp sig.* sebesar 0,000 ($\alpha < 0,005$), sehingga ada perbedaan bermakna penurunan tingkat kelelahan kerja setelah pemberian jus Nenas (*Ananas comosus (L.) Merr*). Kesimpulan penelitian ini adalah jus Nenas (*Ananas comosus (L.) Merr*) dapat menurunkan kelelahan kerja sebesar 7,1%.

Kata Kunci : Nenas, Jus, Kelelahan Kerja

THE BENEFITS OF PINEAPPLE JUICE (*Ananas Comossus (L) Merr*) TO REDUCE THE WORK WEAKNESS

Yemima Nora Sitohang¹, Yamtana², Rizki Amalia³

1,2,3, HealthPolytechnic of Ministry of Health, Yogyakarta
JL. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email: yemimasitohang49@gmail.com

ABSTRACT

Work fatigue is a condition experienced by workers that can lead to a decrease in vitality and work productivity. Work fatigue of work contributes 50% to the occurrence of workplace accidents (Setyawati, 2010). Based on the International Labor Organization (ILO) states that almost every year 2 million workers die from workplace accidents caused by fatigue. Pineapple (*Ananas comosus (L.) Merr*) is one type of tropical fruit. The natural composition of pineapple consists of calories, minerals (calcium, phosphorus, iron, sodium, potassium, magnesium, copper, manganese and selenium), and vitamins (A, B1, B2, B6, B12, C, E, K). Vitamin B which is most helpful in fighting fatigue includes pyridoxine or Vitamin B6; thiamine or vitamin B1; pantothenic acid or vitamin B5. Types of B vitamins work together to perform basic metabolic functions that regulate the level of vitality and energy from the body. So the researchers were interested in conducting research into the benefits of pineapple juice (*Ananas comosus (L.) Merr*) to reduce work fatigue. The purpose of this research is to accompanied the benefits of pineapple juice (*Ananas comosus (L.) Merr*) to reduce work fatigue.

This research is a Quasi Experiment with Non Equivalent Control Group Design research design. The subjects of this study were 30 workers carrying in the Gemah Ripah Fruit Market. The subjects of the study were 30 workers divided into two groups, namely the treatment group as many as 20 respondents and the control group as many as 10 respondents. The measurement of work fatigue uses the reaction timer. The measurement results of the Normality test Data with the *Shapiro-Wilk test* showed a *p-value* significant of 0.05 so it was concluded that the data were normally distributed. Data on the difference in the measurement of work fatigue from the treatment group and the control group were analyzed using the *Free T-Test*.

The results obtained were the value of the decrease in the level of work fatigue in the treatment group by being given Pineapple juice (*Ananas comosus (L.) Merr*) of 32.4%, whereas in the control group the results were 25.3%. Based on the results of the *Free T-Test*, the *Asymp sig* value 0,000 ($\alpha < 0,005$) so that there is a significant difference in the decrease in fatigue level after consume Pineapple juice (*Ananas comosus (L.) Merr*). The conclusion of this study is pineapple juice (*Ananas comosus (L.) Merr*) can reduce work fatigue by 7,1%.

Keywords: Pineapple, Juice, Work Fatigue

