

GAMBARAN *SHIFT* KERJA DAN KELELAHAN BEKERJA PADA PETUGAS LABOLATORIM DI RSUD MADANI MEDAN

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INTISARI

Penelitian ini bertujuan Untuk mengetahui gambaran shift kerja terhadap kelelahan kerja pada petugas laboratorium di Rumah Sakit Umum. Penelitian ini menggunakan metode kualitatif dengan menggunakan cara pendekatan fenomenologi, Teknik pengambilan sampel pada penelitian ini menggunakan teknik *purposive sampling*. Subyek penelitian ini berjumlah tujuh orang dengan karakteristik Subjek bekerja minimal 2 tahun di Laboratorium RSUD Madani Medan, Memiliki rentang usia antara 20 – 35 tahun, dan memiliki jam kerja yang di bagi menjadi sistem *shift* kerja dan sering melakukan *shift* kerja pada malam hari. Proses pengumpulan data dalam penelitian ini dilakukan dengan melakukan wawancara dan observasi. Hasil penelitian menunjukkan bahwa subjek mengalami kelelahan dalam bekerja ditambah lagi dengan *shift* kerja yang membuat kesehatan subjek terganggu, subjek memiliki ke tiga aspek yang di alami nya selama bekerja yaitu kelelahan emosi, kelelahan fisik, kelelahan mental.

Kata Kunci : Shift Kerja, Kelelahan Bekerja.

OVERVIEW OF WORK SHIFT AND WORK FATIGUE IN LABOLATORY STAFF AT RSU MADANI MEDAN

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ABSTRACT

This research aims to determine the description of work shifts on work fatigue among laboratory staff at General Hospitals. This research uses a qualitative method using a phenomenological approach. The sampling technique in this research uses a purposive sampling technique. The subjects of this research were seven people with the characteristics of the subjects having worked for a minimum of 2 years at the RSU Madani Medan Laboratory, had an age range of 20-35 years, and had working hours divided into a work shift system and often worked shifts at night. The data collection process in this research was carried out by conducting interviews and observations. The results of the research showed that the subject experienced fatigue at work, coupled with work shifts which disrupted the subject's health. The subject had three aspects that he experienced during work, namely emotional fatigue, physical fatigue, and mental fatigue.

Keywords: Work Shift, , Work Fatigu