

Kafein, Merokok, dan Faktor Lain Penyebab Kelelahan Kerja: Survei pada Petugas *Ticketing* Armada *Bus Rapid Transit* (BRT) Semarang

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ABSTRAK

Latar belakang: Kelelahan kerja menjadi salah satu permasalahan kesehatan dan keselamatan kerja karena berpotensi meningkatkan risiko terjadinya insiden saat bekerja. Beberapa faktor yang menyebabkan kelelahan, diantaranya kondisi fisik, jenis kelamin, usia, asupan gizi, beratnya pekerjaan, status gizi, serta durasi kerja.

Tujuan: Mengetahui hubungan asupan kafein dan kebiasaan merokok dengan kelelahan kerja pada petugas *ticketing* armada *Bus Rapid Transit* (BRT) Semarang.

Metode: Studi ini merupakan penelitian observasional analitik dengan desain *cross sectional*. Penelitian dilaksanakan dari bulan Juni-Desember 2024. Subjek penelitian dipilih dengan teknik *consecutive sampling*. Jumlah sampel sebanyak 94 petugas laki-laki yang mengonsumsi kafein dan merokok. Selain itu, data yang diambil, diantaranya kelelahan kerja, usia, asupan energi, durasi tidur, masa kerja, dan shift kerja. Analisis statistik yang digunakan uji *chi-square* dan regresi logistik ordinal.

Hasil: Terdapat korelasi antara asupan kafein dengan tingkat kelelahan kerja ($p\text{-value} = 0,000$), serta usia memiliki korelasi dengan kelelahan kerja ($p\text{-value} = 0,010$). Sebaliknya, tidak adanya korelasi antara kebiasaan merokok dengan kelelahan kerja ($p\text{-value} = 0,219$).

Simpulan: Asupan kafein dan usia memiliki korelasi dengan tingkat kelelahan kerja. Namun, kebiasaan merokok tidak memiliki korelasi dengan kelelahan kerja. Hal ini dapat dikarenakan karena usia, faktor subjektif, dan kebugaran tubuh.

Kata Kunci: *Kelelahan, Kafein, Merokok, Usia*

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Caffeine, Smoking, and Other Factors Contributing to Work Fatigue: A Survey of Bus Rapid Transit (BRT) Ticketing Officers in Semarang

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ABSTRACT

Background: Work fatigue is one of the occupational problems because it has the potential to increase the risk of incidents at work. Several factors that cause fatigue include physical condition, gender, age, nutritional intake, weight of work, nutritional status, and duration of work.

Objective: To find the relationship between caffeine and smoking with fatigue of Bus Rapid Transit (BRT) ticketing officers in Semarang.

Methods: This study was an observational analytical study with a cross sectional design. This research was implemented from June-December 2024. The research subjects were selected by consecutive sampling techniques. The samples tested was 94 male officers who consumed caffeine and smoked. In addition, the data taken included work fatigue, age, energy intake, sleep duration, working period, and work shifts. Statistical analysis used chi-square test and ordinal logistic regression.

Results: There was a correlation between caffeine and fatigue ($p\text{-value} = 0,000$). Age has a correlation with fatigue ($p\text{-value} = 0,010$). In contrast, there was no correlation between smoking with fatigue ($p\text{-value} = 0,219$).

Conclusion: Caffeine and age have a correlation with fatigue. However, smoking does not have a correlation with fatigue. This can be due to age, subjective factors, and body fitness.

Keywords: *Fatigue, Caffeine, Smoking, Age*

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