

RINGKASAN

Penelitian ini dilakukan untuk mengkaji sejauh mana beban kerja dan stres kerja memengaruhi tingkat kelelahan kerja pada petugas kebersihan di Koperasi Konsumen Karyawan PT Pelabuhan Indonesia (Persero) Regional 2 Teluk Bayur. Pendekatan yang digunakan adalah penelitian kuantitatif dengan metode deskriptif. Objek penelitian mencakup seluruh petugas kebersihan yang bekerja di Koperasi Konsumen Karyawan PT Pelabuhan Indonesia (Persero) Regional 2 Teluk Bayur. Teknik penentuan sampel menggunakan total sampling, sehingga seluruh populasi dijadikan responden dengan jumlah 60 orang. Data penelitian dikumpulkan melalui penyebaran kuesioner kepada responden. Analisis data dilakukan melalui beberapa tahapan, yaitu uji validitas, uji reliabilitas, uji asumsi klasik, analisis regresi linear berganda, uji t, uji F, serta pengujian koefisien determinasi. Hasil analisis regresi menghasilkan persamaan model: $Y = 6,370 + 0,397X_1 + 0,498X_2 + e$. Temuan penelitian menunjukkan bahwa secara individual beban kerja dan stres kerja memiliki pengaruh positif dan signifikan terhadap kelelahan kerja. Selain itu, secara bersama-sama kedua variabel tersebut juga terbukti berpengaruh signifikan terhadap tingkat kelelahan kerja petugas kebersihan. Nilai Adjusted R Square sebesar 0,791 mengindikasikan bahwa 79,1% variasi kelelahan kerja dapat dijelaskan oleh beban kerja dan stres kerja, sedangkan 20,9% sisanya dipengaruhi oleh faktor lain di luar variabel penelitian.

Kata kunci: Beban Kerja, Stres Kerja, Kelelahan Kerja.

SUMMARY

This study was conducted to examine the extent to which workload and job stress influence the level of job fatigue among cleaning staff at the PT Pelabuhan Indonesia (Persero) Regional 2 Teluk Bayur Employee Consumer Cooperative. The approach used was quantitative research with descriptive methods. The research subjects included all cleaning staff working at the PT Pelabuhan Indonesia (Persero) Regional 2 Teluk Bayur Employee Consumer Cooperative. The sampling technique used total sampling, resulting in a total of 60 respondents from the entire population. Data were collected by distributing questionnaires to respondents. Data analysis was conducted through several stages: validity testing, reliability testing, classical assumption testing, multiple linear regression analysis, t-test, F-test, and coefficient of determination testing. The regression analysis yielded the following model equation: $Y = 6.370 + 0.397X_1 + 0.498X_2 + e$. The research findings indicate that individually, workload and job stress have a positive and significant influence on job fatigue. Furthermore, collectively, these two variables were also shown to significantly influence the level of job fatigue among cleaning staff. The Adjusted R Square value of 0.791 indicates that 79.1% of the variation in work fatigue can be explained by workload and job stress, while the remaining 20.9% is influenced by factors outside the research variables.

Keywords: workload, job stress, job fatigue.