

ABSTRACT

Hospital is one of the agencies in the field of health service that operates 24 hours a day in one day so that an adequate number of nurses is an important factor in patient care. The job of a nurse is familiar with shift work system. Shift system of work in the XYZ Hospital are using three shifts every day with the distribution of working hours per shift, divided into morning shift, afternoon, and evening shifts morning which lasted for seven hours starting at 7:00 to 14:00, afternoon shift for 7 hours starting at 14:00 to 21:00, and the night shift for 10 hours starting at 21:00 to 7:00. This study analyzed the degree of shift work fatigue between morning, noon, and night. In this case using methods Bourdon Wiersma and fatigue questionnaire (KAUPK2).

Based on the research, there are nurses who work on night shifts that have an indication of fatigue with p value of 0.048 degree of time speed ($<0,05$), the level of employment constancy of 0.004 ($<0,05$), and the level of accuracy of 0.008 ($<0,05$), compared to nurses morning shift with p value of each variable time rate of speed by 0.252, the level of consistency of 0.287, and the level of accuracy for 0.045, as well as the afternoon shift nurses who have p value rate of speed by 0.511, the level of constancy of 0.066, and the level of accuracy of 0.008.

Keywords: shift work, fatigue, Bourdon Wiersma.