

ABSTRACT

The results of the identification in the laboratory of the Haji Hospital of East Java Province, general lighting was obtained in 9 rooms, local lighting in 11 rooms, temperature in 1 room and humidity in 13 rooms did not meet the standards of PMK No. 2 of 2023. This study aims to analyze the effect of lighting, temperature, humidity and working hours on work fatigue in the laboratory of the Haji Hospital of East Java Province. This study uses quantitative research, analytical observational research type. The data collection method used is a questionnaire. The population of this study was 48 laboratory employees of the Haji Hospital of East Java Province and 13 rooms of clinical pathology laboratory, anatomical pathology and microbiology laboratory with a sampling technique using total sampling. The results of the study General lighting category did not meet as many as 9 rooms, local lighting with a category did not meet as many as 11 rooms, temperature with a category did not meet as many as 1 room, while humidity with a category did not meet as many as 13 rooms. The duration of work in the Laboratory of the East Java Provincial Hospital is mostly 0-8 hours and most experience mild fatigue. The results of the analysis show that there is an influence between lighting, temperature, humidity and working hours on work fatigue. It is recommended that the East Java Provincial Haji Hospital conduct regular check-ups at least once a year to detect early health problems as early as possible for prevention, and pay attention to the design of the building or work environment periodically.

Keywords: *Hospital, Work Fatigue, Lighting, Temperature, Humidity, and working hours*

ABSTRAK

Hasil identifikasi di laboratorium RSUD Haji Provinsi Jawa Timur pencahayaan umum didapatkan sebanyak 9 ruangan, pencahayaan setempat 11 ruangan, suhu sebanyak 1 ruangan dan kelembapan sebanyak 13 ruangan tidak memenuhi standart PMK No.2 Tahun 2023. Penelitian ini bertujuan untuk menganalisis pengaruh pencahayaan, suhu, kelembapan dan lama kerja terhadap kelelahan kerja di laboratorium RSUD Haji Provinsi Jawa Timur. Penelitian ini menggunakan penelitian kuantitatif, jenis penelitian observasional analitik. Metode pengumpulan data yang digunakan menggunakan kuesioner. Populasi penelitian ini adalah pegawai laboratorium RSUD Haji Provinsi Jawa Timur sebanyak 48 orang dan ruang laboratorium patologi klinik, laboratorium patologi anatomi dan mikrobiologi berjumlah 13 ruangan dengan teknik sampling menggunakan *total sampling*. Hasil penelitian Pencahayaan umum kategori tidak memenuhi sebanyak 9 ruangan, pencahayaan setempat dengan kategori tidak memenuhi sebanyak 11 ruangan, suhu dengan kategori tidak memenuhi sebanyak 1 ruangan, sedangkan kelembapan dengan kategori tidak memenuhi sebanyak 13 ruangan. Lama Kerja di Laboratorium RSUD Provinsi Jawa Timur sebagian besar 0-8 jam dan sebagian besar mengalami kelelahan ringan. Hasil analisis menunjukkan terdapat pengaruh antara pencahayaan, suhu, kelembapan dan lama kerja terhadap kelelahan kerja. Disarankan kepada RSUD Haji Provinsi Jawa Timur melakukan pemeriksaan berkala minimal 1 tahun sekali untuk mengetahui gangguan kesehatan awal sedini mungkin untuk pencegahan, memperhatikan desain bangunan gedung atau lingkungan kerja secara berkala.

Kata Kunci: *Rumah Sakit, Kelelahan Kerja., Pencahayaan, Suhu, Kelembapan, dan lama kerja*