

## ABSTRACT

### RELATIONSHIP BETWEEN MENTAL WORKLOADS WITH THE INCIDENCE OF ABORTION OF FACTORY WORKERS AT PT. GREAT GIANT PINEAPPLE

By

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**Background:** The maternal mortality rate (MMR) in Indonesia is still high, 90% of AKI is caused by bleeding, toxemia gravidarum, infection, prolonged labor and complications of abortion. Complications of abortion in the form of bleeding or infection can cause death. The maternal mortality rate due to abortion is 15 - 50% of deaths. One of the factors which cause abortion are physical and mental activity. Mental workload is a workload which caused by mental activity . This study aims to determine the relationship of workload to the incidence of abortion of factory workers at PT. Great Giant Pineapple.

**Method:** This study used a cross sectional approach with consecutive sampling technique. The research instrument was the NASA Tlx Index mental workload questionnaire. The stages of data analysis include univariate and bivariate analysis with 350 factory workers as the samples.

**Result:** The results showed that there were no abortion experience of the workers who had a light work level. The percentages of abortion experience of the workers who had a moderate level of workload is 2.8% and the percentages of the workers who had a heavy level of workload is 14.7%. The results of bivariate analysis showed a significant relationship (p-value <0.05) between the mental workload for the incidence of abortion of factory workers at PT. Great Giant Pineapple (95% CI, p = 0.002).

**Conclusion:** There is a relationship between mental workload on the incidence of abortus in factory workers at PT. Great Giant Pineapple Cast.

**Keywords:** Abortion, Mental Workloads

## ABSTRAK

### HUBUNGAN BEBAN KERJA MENTAL TERHADAP KEJADIAN ABORTUS PADA PEKERJA BURUH PABRIK DI PT. GREAT GIANT PINEAPPLE

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**Latar Belakang:** Angka kematian ibu (AKI) di Indonesia masih tinggi, sebesar 90% AKI disebabkan perdarahan, toksemia gravidarum, infeksi, partus lama dan komplikasi abortus. Komplikasi abortus berupa perdarahan atau infeksi dapat menyebabkan kematian. Angka kematian ibu karena abortus masih sebanyak 15 – 50 % kematian. Salah satu faktor penyebab abortus adalah aktifitas yaitu aktifitas fisik dan mental, aktifitas mental dapat menimbulkan beban kerja yaitu beban kerja mental. Penelitian ini bertujuan untuk mengetahui adanya hubungan beban kerja terhadap kejadian abortus pada pekerja buruh pabrik di PT. Great Giant Pineapple.

**Metode:** Penelitian ini menggunakan pendekatan cross sectional dengan teknik pengambilan sampel consecutive sampling. Instrumen penelitian adalah kuisisioner beban kerja mental NASA tlx. Tahapan analisis data meliputi analisis univariat dan bivariat dengan sampel berjumlah 350 orang pekerja buruh pabrik.

**Hasil:** Hasil menunjukkan bahwa pada pekerja yang memiliki tingkat beban kerja ringan, tidak ada pekerja yang pernah mengalami abortus, pada pekerja yang memiliki tingkat beban kerja sedang terdapat sebanyak 2,8% pekerja pernah mengalami abortus, dan pada pekerja yang memiliki tingkat beban kerja berat terdapat sebanyak 14,7% pernah mengalami abortus. Hasil analisis bivariat menunjukkan adanya hubungan yang bermakna ( $p$ -value  $<0,05$ ) antara beban kerja mental terhadap kejadian abortus pada pekerja buruh pabrik di PT. Great Giant Pineapple (95% CI,  $p=0,000$ ).

**Simpulan:** Terdapat hubungan antara beban kerja mental terhadap kejadian abortus pada pekerja buruh pabrik di PT. Great Giant Pineapple.

**Kata kunci :** Abortus, Beban Kerja.