

**BEBAN KERJA DAN PENYAKIT AKIBAT KERJA PADA PEKERJA  
DI BENGKEL MOTOR METEOR DESA LOKORY  
KECAMATAN TANA RIGHU KABUPATEN  
SUMBA BARAT**

*Adolf Ole Awa<sup>1</sup>, Amarin Yudhana<sup>2</sup>*

<sup>1</sup>*Universitas STRADA Indonesia*

<sup>2</sup>*Fakultas Keperawatan Dan Kebidanan*

*E-mail : [adolof\\_2025@gmail.com](mailto:adolof_2025@gmail.com)*

Beban kerja yang tinggi yang beresiko terhadap penyakit akibat kerja. Masalah yang sering dialami pekerja bengkel motor seperti sakit di tengkuk, bahu, dada, pinggang, perut, punggung, paha, pergelangan tangan, lutut, betis atau pergelangan kaki, penyakit kulit, batuk, gatal pada kulit dan mata, mata perih dan demam. Fokus penelitian ini adalah untuk mengeksplorasi beban kerja dan penyakit akibat kerja pada pekerja di bengkel motor Meteor Desa Lokory Kecamatan Tana Righu Kabupaten Sumba Barat. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Informan diambil dengan teknik *purposive sampling* yang memenuhi kriteria inklusi dan eksklusi dengan informan sebanyak 4 orang. Teknik pengumpulan data melalui wawancara mendalam, dokumentasi, observasi. Teknik analisa data kualitatif menggunakan reduksi data, penyajian data, penarikan kesimpulan/*verification*. Uji keabsahan data dimana peneliti menggunakan triangulasi sumber. Hasil penelitian diketahui kondisi pekerjaan masih terdapat kendala sehingga informan meminta bantuan kepada pekerja senior. Aktifitas dimulai pada pukul 07.30 sampai 17.00 dan pekerja selalu beristirahat ketika jam pulang. Target yang harus dicapai dimana para pekerja juga harus dapat menyelesaikan pekerjaannya dengan baik sehingga dapat meningkatkan kepuasan pelanggan. Jenis penyakit yang dialami informan selama bekerja di bengkel motor seperti sakit pinggang, kepala, nyeri leher, nyeri bahu, sesak napas dan pencegahan yang dilakukan adalah memakai APD seperti masker dan selalu waspada saat bekerja dan mematuhi dan mengikuti peraturan atau himbauan dari atasan atau kepala bengkel agar tidak terjadi kecelakaan yang tidak diinginkan saat bekerja. Berdasarkan hasil penelitian maka disimpulkan bahwa para pekerja harus memperhatikan keselamatan dan kesehatan kerja dilingkungan bengkel sepeda motor agar pelayanan bengkel dapat memuaskan para pelanggan serta terhindar dari kecelakaan di tempat kerja.

**Kata Kunci : Beban Kerja, Penyakit Akibat Kerja**

## **ABSTRACT**

### **WORKLOAD AND OCCUPATIONAL DISEASES OF WORKERS IN METEOR MOTORCYCLE WORKSHOP LOKO RY VILLAGE TANA RIGHU DISTRICT WEST SUMBA REGENCY**

**Adolf Ole Awa<sup>1</sup>, Amarin Yudhana<sup>2</sup>**

<sup>1</sup>Universitas STRADA Indonesia

<sup>2</sup>Fakultas Keperawatan Dan Kebidanan

E-mail : [adolf\\_2025@gmail.com](mailto:adolf_2025@gmail.com)

*High workload that is at risk of occupational diseases. Problems often experienced by motorcycle repair shop workers such as pain in the nape, shoulders, chest, waist, stomach, back, thighs, wrists, knees, calves or ankles, skin diseases, coughs, itching of the skin and eyes, sore eyes and fever. The focus of this study is to explore the workload and occupational diseases of workers at the Meteor motorcycle repair shop in Lokory Village, Tana Righu District, West Sumba Regency. The research method used is qualitative with a case study approach. Informants were taken using purposive sampling techniques that met the inclusion and exclusion criteria with 4 informants. Data collection techniques through in-depth interviews, documentation, observation. Qualitative data analysis techniques use data reduction, data presentation, drawing conclusions/verification. Data validity test where researchers use source triangulation. The results of the study showed that there were still obstacles in working conditions so that informants asked for help from senior workers. Activities start at 07.30 to 17.00 and workers always take a break when they go home. The target that must be achieved where workers must also be able to complete their work well so that it can increase customer satisfaction. The types of diseases experienced by informants while working in motorcycle repair shops such as back pain, headaches, neck pain, shoulder pain, shortness of breath and prevention carried out are wearing PPE such as masks and always being alert while working and obeying and following the rules or appeals from superiors or workshop heads so that there are no unwanted accidents while working. Based on the results of the study, it was concluded that workers must pay attention to occupational safety and health in the motorcycle repair shop environment so that workshop services can satisfy customers and avoid accidents in the workplace.*

**Keywords : Workload, Occupational Diseases**