

ABSTRACT

Background: Working in a bad work environment affects workers' work stress and the condition of workers' workload will affect workers' performance at work. The aim of this research is to determine the relationship between occupational risk factors, individuals and the physical work environment on work stress in production workers at PT. Hok Tong Jambi in 2024.

Method: This type of quantitative research uses analytical observational methods with a cross sectional approach. The population was 56 people with samples taken based on the multistage random sampling method of 54 people. Data collection used the OSI-R (Work Stress) questionnaire and the NASA-TLX (Mental Workload) questionnaire. Data analysis used the chi-square statistical test using a 95% confidence interval (CI).

Results: Shows that the working hours variable ($p=0.079$) with a percentage of abnormal working hours is 50%, the mental workload variable ($p= 0.031$) with a moderate load percentage of 51.9%, the age variable ($p= 0.006$) with a young age percentage of 59.3%, the variable temperature ($p = 0.010$) with a risk temperature percentage of 66.7%, noise variable ($p = 0.010$) with a risk noise percentage of 66.7%, and swimming variable ($p = 1,000$) with a non-risk lighting percentage of 68.5%.

Conclusion: Mental workload, age, temperature and noise have a relationship with Job Stress in PT workers. Hok Tong Jambi. Working hours and lighting have no relationship with Job Stress in PT workers. Hok Tong Jambi.

Keywords: Work Stress, Physical Work Environment, Mental Workload.

ABSTRAK

Latar Belakang : Bekerja di lingkungan kerja yang buruk mempengaruhi stress kerja pekerja serta keadaan beban kerja pekerja akan mempengaruhi performa pekerja dalam bekerja. Tujuan penelitian ini untuk mengetahui hubungan faktor risiko pekerjaan, individu dan lingkungan kerja fisik terhadap stres kerja pada pekerja bagian produksi PT. Hok Tong Jambi tahun 2024.

Metode : Jenis penelitian kuantitatif menggunakan metode analitik observasional pendekatan *cross sectional*. Populasi 56 orang dengan sampel yang diambil berdasarkan metode *multistage random sampling* sebanyak 54 orang. Pengumpulan data menggunakan kuesioner OSI-R (Stres Kerja) dan kuesioner NASA-TLX (Beban Kerja Mental). Analisis data menggunakan uji statistik *chi-square* dengan menggunakan interval kepercayaan 95% (CI).

Hasil : Menunjukkan bahwa variabel jam kerja ($p=0.079$) dengan presentase jam kerja tidak normal 50%, variabel beban kerja mental ($p= 0.031$) dengan presentase beban sedang 51.9%, variabel umur ($p= 0.006$) dengan presentase umur muda 59.3%, variabel suhu ($p = 0.010$) dengan presentase suhu berisiko 66.7%, variabel kebisingan ($p=0.010$) dengan presentase kebisingan berisiko 66.7%, dan variabel penerangan ($p = 1.000$) dengan presentase penerangan tidak berisiko 68.5%.

Kesimpulan : Beban kerja mental, umur, suhu, dan kebisingan mempunyai hubungan dengan Stres Kerja pada pekerja PT. Hok Tong Jambi. Jam kerja dan penerangan tidak mempunyai hubungan dengan Stres Kerja pada pekerja PT. Hok Tong Jambi.

Kata Kunci : Stres Kerja, Lingkungan Kerja Fisik, Beban Kerja Mental.