

## FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN STRES KERJA PADA PEKERJA FABRIKASI DI PT X TAHUN 2022

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### ABSTRAK

Stres kerja yang merugikan akan merubah perilaku pekerja yang berdampak pada penurunan produktivitas kerja. Pekerjaan fabrikasi memiliki target pekerjaan yang tinggi namun dengan tenggat waktu yang sedikit dan tetap dituntut untuk menjaga kualitas pekerjaan. Hal ini rentan menyebabkan stress pada pekerja sehingga tujuan penelitian ini untuk mengetahui faktor-faktor yang berhubungan dengan stress kerja pada pekerja fabrikasi di PT X Tahun 2022. Desain penelitian yaitu *cross sectional* dengan besar sampel 50 pekerja bagian fabrikasi PT X. Teknik pengambilan sampel dengan *total sampling*. Data akan dianalisis dengan analisis univariat dan bivariat dengan uji Uji *Chi Square* dan *Fisher's Exact*. Hasil univariat menunjukkan proporsi tertinggi yaitu pekerja mengalami stress tinggi sebanyak 36 pekerja (72,0%), merasakan tuntutan tugas tinggi sebanyak 31 pekerja (62,0%), memiliki umur berisiko sebanyak 39 pekerja (78,0%), memiliki masa kerja baru sebanyak 38 pekerja (76,0%), dan sudah kawin sebanyak 44 pekerja (88,0%). Hasil bivariat menunjukkan terdapat hubungan antara tuntutan tugas (PR=1,84, CI 95% (1,12 – 3,01), dan umur (PR=3,10, CI 95% (1,17 – 8,22) terhadap stress kerja. Tidak adanya hubungan antara masa kerja (PR=1,38 CI 95% (0,88 – 2,85) dan status perkawinan (PR=1,50 CI 95% (0,66 – 3,40) terhadap stress kerja. Perusahaan perlu memperhatikan tuntutan tugas yang diterima setiap pekerja, diharapkan tuntutan tugas yang diterima oleh pekerja tidak melebihi kapasitasnya.

**Kata Kunci** : Stress Kerja, Tuntutan Tugas, Umur Pekerja, Masa Kerja, Status Perkawinan

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**FACTORS RELATED TO STRESS AT WORK ON FABRICATION  
WORKERS IN PT X IN 20222021**

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**ABSTRACT**

*Work stress will change the behavior of workers which has an impact on decreasing work productivity. Fabrication work has a high work target but with a small deadline and is still guided to maintain the quality of the work. This is prone to causing stress to workers, so the purpose of this study was to determine the factors related to work stress on fabricated workers at PT X in 2022. The research design was cross sectional with a sample size of 50 workers in the fabrication department of PT X. The sampling technique with a total sampling. The data will be analyzed by univariate and bivariate analysis using Chi Square and Fisher's Exact tests. Univariate results show the highest proportion of workers experiencing high stress as many as 36 workers (72.0%), feeling high work demands as many as 31 workers (62.0%), having a risky age of 39 workers (78.0%), having years of service 38 new workers (76.0%), and married as many as 44 workers (88.0%). Bivariate results showed that there was a relationship between work demand (PR=1.84, 95% CI (1.12 – 3.01) and age (PR=3.10, 95% CI (1.17 – 8.22) to stress at work. There is no relationship between tenure (PR=1.38 CI 95% (0.88 – 2.85) and marital status (PR= 1.50 CI 95% (0.66 – 3.40) on stress at work. The company needs to pay attention to the demands of the work received by each worker, it is hoped that the demands of the works received by the workers do not exceed their capacity.*

**Keywords:** *Stress at Work, Work Demand, Age of Worker, Years of Service, Marital Status*

*6 Chapters, 109 pages, 2 pictures, 15 tables, 2 appendices*

*Libraries : 68 (2001-2022)*