

ABSTRAK

Stres kerja adalah suatu gangguan psikologis maupun fisik dalam menghadapi suatu permasalahan atau pekerjaan. Salah satu cara menurunkan stres yaitu dilakukan terapi PMR (*Progressive Muscle Relaxation*) Relaksasi otot progresif merupakan teknik manajemen stres cukup sering digunakan untuk mereduksi stres. Tujuan penelitian ini untuk mengetahui efektivitas PMR (*Progressive Muscle Relaxation*) dalam menurunkan stres pada pekerja di PT Hamatek Indonesia. Jenis penelitian ini yaitu deskriptif kuantitatif menggunakan *pre eksperimental* dengan rancangan *one group pre-post test design*. Populasi penelitian ini yaitu seluruh pekerja konstruksi instalasi lapangan di PT Hamatek Indonesia Kabupaten Bekasi. Sampel yang digunakan sejumlah 38 pekerja. teknik pengambilan sampel dengan Sampling Jenuh. Analisa data menggunakan secara univariat dan bivariat dengan uji *Sample paired T-test*. Hasil penelitian ini menunjukkan bahwa tingkat stres pekerja konstruksi instalasi lapangan sebelum dilakukan intervensi PMR rata-rata 27,05 dan sesudah dilakukan intervensi PMR rata-rata 24,11. Analisis perbedaan sebelum dan sesudah dilakukan intervensi PMR pada pekerja konstruksi instalasi lapangan mengalami penurunan, didapatkan ada perbedaan yang signifikan yaitu $p\text{-value } 0,000 < 0,05$ maka dapat disimpulkan bahwa H_0 di tolak dan H_a diterima. Dari hasil uji yang telah dilakukan mendapatkan nilai $p\text{-value}$ sebesar 0,000 sehingga dapat diketahui bahwa ada perbedaan tingkat stres kerja sebelum dan sesudah dilakukan Terapi *Progressive Muscle Relaxation* (PMR) pada pekerja di PT Hamatek Indonesia Kabupaten Bekasi Tahun 2022. Disarankan kepada pihak PT Hamatek Indonesia Kabupaten Bekasi untuk melakukan pengukuran tingkat stres dan pemberian intervensi seperti terapi PMR secara berkala guna menangani masalah psikologis yang dialami pekerja konstruksi instalasi lapangan.

Kata kunci: *Progressive Muscle Relaxation* (PMR), Stres Kerja

ABSTRACT

Job stress is a psychological or physical disturbance in dealing with a problem or work. One way to reduce stress is to do PMR (Progressive Muscle Relaxation) therapy. Progressive Muscle Relaxation is a stress management technique that is often used to reduce stress. The purpose of this study was to determine the effectiveness of PMR (Progressive Muscle Relaxation) in reducing stress on workers at PT Hamatek Indonesia. This type of research is descriptive quantitative using pre-experimental with one group pre-post test design. The population of this study were all field installation construction workers at PT Hamatek Indonesia, Bekasi Regency. The sample used was 38 workers. Sampling technique with saturated sampling. Analysis using univariate and bivariate with paired sample T-test. The results of this study indicate that the stress level of field installation construction workers before the PMR intervention was on average 27,05 and after the PMR intervention was on average 24,11. Analysis of the differences before and after the PMR intervention for field installation construction workers experienced a decrease, it was found that there was a significant difference, namely a p-value of $0,000 < 0,05$, so it could be concluded that H_0 was rejected and H_a was accepted. From the test result that have been carried out, a p-value of 0,000 is obtained so that it can be seen that there are differences in levels of work stress before and after the Progressive Muscle Relaxation (PMR) Therapy is carried out for workers at PT Hamatek Indonesia, Bekasi Regency in 2022. It is recommended to PT Hamatek Indonesia Bekasi Regency to measure stress levels and provide interventions such as PMR therapy on a regular basis to deal with psychological problem experienced by field installation construction workers.

Keywords : Progressive Muscle Relaxation (PMR), Work Stress

