

ABSTRAKSI

Hasil riset IPSOS (Perusahaan Riset Pasar Dan Konsultansi Multinasional) dan Forum Ekonomi Dunia yang mendata adanya 13 ribu pekerja di 28 negara yang mengalami gangguan mental (ILO,2021). Selain itu data hasil Riset Kesehatan Dasar (RISKESDAS) 2018 menunjukkan bahwa prevalensi penduduk Indonesia pada penduduk umur >15 tahun mengalami gangguan mental emosional atau stres sejumlah 37.728 orang (9,8%) dimana Prevalensi depresi atau stress berdasarkan pekerjaan fisik diantaranya buruh 9,7%, buruh tani 9,7% dan nelayan 10,8%. (Kemenkes RI, 2018). Hasil studi pendahuluan menunjukkan 9 orang (60%) masuk dalam kategori stress sedang (*moderate*), 3 orang (20%) masuk kategori stres ringan (*mild*). Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan Stres kerja pada pekerja lapangan perusahaan bongkar muat kapal laut PT. X tahun 2023. Penelitian ini menggunakan desain penelitian *cross-sectional* analitik dengan besar sampel 75 buruh pekerja lapangan. Teknik pengambilan sampel menggunakan total sampling. Data akan dianalisis dengan analisis univariat dan bivariate menggunakan uji chi-square. Penelitian ini dilakukan pada bulan Mei-September 2023. Hasil univariat menunjukkan Proporsi tertinggi adalah pekerja lapangan yang mengalami stress kerja tinggi sebanyak 29 orang (38,7%), beban kerja tinggi sebanyak 57 (68,3%), hubungan kerja kurang baik sebanyak 42 (56,0%), hubungan organisasi kurang baik sebanyak 39 (52,0%). Hasil uji bivariate menemukan terdapat hubungan antara beban kerja (PR=1,94, 95%CI=1.17-3.23), hubungan kerja (PR=1,17, 95%CI=1.20-2.42) dengan Stress kerja pada pekerja lapangan perusahaan bongkar muat kapal laut PT. X tahun 2023. Oleh karena itu diperlu adanya pembentukan divisi atau subdinas yang bertigas dan bertanggung jawab terkait dengan aspek kesehatan dan keselamatan kerja (K3) sehingga dapat menilai dan melakukan langkah pencegahan terkait masalah atau isu K3 seperti Stress kerja pada pekerja lapangan di PT.X

Kata Kunci: *Stress Kerja, Beban Kerja, Hubungan Kerja, Perubahan Organisasi*

ABSTRACT

The results of research by IPSOS (a multinational market research and consultancy company) and the World Economic Forum recorded that 13 thousand workers in 28 countries experienced mental disorders (ILO, 2021). Apart from that, data from the 2018 Basic Health Research (RISKESDAS) shows that the prevalence of the Indonesian population in people aged > 15 years experiencing mental emotional disorders or stress is 37,728 people (9.8%) where the prevalence of depression or stress based on physical work, including laborers, is 9.7%, agricultural laborers 9.7% and fishermen 10.8%. (Indonesian Ministry of Health, 2018). The results of the preliminary study showed that 9 people (60%) were in the moderate stress category, 3 people (20%) were in the mild stress category. This study aims to determine the factors related to work stress in field workers at the ship loading and unloading company PT. X year 2023. This research uses a cross-sectional analytical research design with a large sample of 75 field workers. The sampling technique uses total sampling. Data will be analyzed using univariate and bivariate analysis using the chi-

square test. This research was conducted in May-September 2023. Univariate results showed that the highest proportion were field workers who experienced high work stress as many as 29 people (38.7%), high workload as many as 57 (68.3%), poor working relationships as many as 42 (56.0%), organizational relationships were not good as many as 39 (52.0%). The bivariate test results found that there was a relationship between workload (PR=1.94, 95%CI=1.17-3.23), work relationship (PR=1.17, 95%CI=1.20-2.42) and work stress among field workers at demolition companies. loading PT ships. X Year 2023. Therefore, the formation of a division or subdinas that is three and responsible is related to the health and safety aspects (K3) so that it can assess and take preventive measures related to K3 issues or issues such as work stress on field workers at PT.X

Keywords: *Work Stress, Workload, Work Relation, Organizational Change*