

**PENGARUH KEBISINGAN LINGKUNGAN KERJA, MASA
KERJA DAN UMUR TERHADAP TINGKAT STRES PADA
PEKERJA *GROUND HANDLING* BAGIAN *PORTER*
PT. GAPURA ANGKASA
DI BANDARA HALIM PERDANA KUSUMA
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Abstrak

Stres adalah suatu kondisi akibat adanya interaksi antara individu dengan lingkungan yang mengakibatkan terganggunya keseimbangan dalam tubuh berupa tekanan, baik berupa fisik maupun psikologis. Bagian dari jasa penerbangan yang menangani pelayanan di darat (*ground handling*) seperti bagian *porter*, bekerja langsung di lapangan, dimana mereka memiliki resiko tinggi terpapar kebisingan dari mesin pesawat dan peralatan pendukung selama di darat. Bising yang diterima secara terus-menerus oleh para pekerja dapat menjadi pencetus terganggunya psikologis seseorang. Metode penelitian ini bersifat analitik komparatif dengan desain *cross sectional*. Teknik sampling penelitian ini menggunakan sampel jenuh, dengan populasi sebesar 46 pekerja, dan 39 pekerja yang memenuhi kriteria. Penelitian ini menggunakan kuesioner *Perceived Stress Scale* dan alat *Sound Level Meter* untuk mengukur kebisingan lingkungan kerja. Analisis data dengan *Spearman Test* menunjukkan hasil yaitu dari variabel umur ($p=0.001$), masa kerja ($p=0.004$) dan kebisingan ($p=0.000$), dilanjutkan dengan uji regresi linier multivariat, dengan hasil adanya pengaruh antara masa kerja dan kebisingan terhadap tingkat stres. Sehingga dapat disimpulkan bahwa ada pengaruh 75% antara kebisingan lingkungan kerja dan masa kerja terhadap tingkat stres pada pekerja *porter*.

Kata Kunci : Kebisingan, Masa Kerja, Stres, Umur

THE EFFECT OF WORK ENVIRONMENT NOISE, WORKING PERIOD AND AGE TO STRESS LEVEL OF GROUND HANDLING EMPLOYEE IN PARTICULAR PORTER OF PT. GAPURA ANGKASA AT HALIM PERDANA KUSUMA AIRPORT MARCH 2016

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Abstract

Stress is a condition affected by the interactions between individuals with circumstances which causing an unbalanced body condition in form of pressure both physically and psychologic. Part of aviation services (ground handling) in particular porter, working directly on field, whereas they granted a high risk affected by noise of aircraft engine and supporting equipment during their work hour. Noises that go through the worker continuously can causes a psychologic affect. This research method based on analytic comparative with cross sectional design. The sampling technique of this research were using saturated sample, with 46 workers, and 39 workers who fulfilled the criteria. This research were using Perceived Stress Scale questionarie and Sound Level Meter tools to measure noise in the work circumstances. The result of this analysis were determined with Spearman Test which showing result from age variable ($p=0.001$), working period ($p=0.004$) and noise ($p=0.000$), proceeded with Multivariat Linier Regression, with the results there is an influences between noise and working period to stress level. So, the conclusion that there are an impact with 75% between noise from work circumstances and working period to level stress of porter.

Keyword : *Age, Noise, Stress, Working Period*