

HUBUNGAN LINGKUNGAN FISIK DAN STRESS KERJA TERHADAP KINERJA PEKERJA KONSTRUKSI DI TOWER B CINERE RESORT APARTMENT PT. ADHI PERSADA GEDUNG TAHUN 2018

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Abstrak

Stress kerja merupakan salah satu masalah utama bagi perusahaan. Faktor menurunnya kinerja pekerja konstruksi selain stress kerja adalah lingkungan kerja fisik. Salah satu contoh dari lingkungan fisik adalah kebisingan. Kebisingan dapat mengakibatkan dampak yang buruk bila pekerja tetap terpapar diatas nilai ambang batas. Penelitian ini bertujuan untuk mengetahui hubungan lingkungan fisik dan stress kerja terhadap kinerja pekerja di tower B Cinere Resort Apartment PT. Adhi Persada. Penelitian ini menggunakan uji *chi square*. Sampel pada penelitian ini berjumlah 205 orang. Cara pengumpulan data menggunakan *sound level meter* dan kuisioner. Hasil penelitian untuk tingkat kebisingan dengan kinerja diketahui nilai signifikansi *chi square* yaitu 0,000 sehingga terdapat hubungan antara tingkat kebisingan dengan kinerja pekerja di Tower B Cinere Resort Apartment. Sementara hasil penelitian untuk stress kerja dengan kinerja diketahui nilai signifikansi *chi square* yaitu 0,000 yang artinya terdapat hubungan antara stress kerja dengan kinerja pekerja di Tower B Cinere Resort Apartment Tahun 2018. Pihak PT. Adhi Persada disarankan agar dapat lebih memperhatikan kebutuhan dan pengawasan Alat Pelindung Diri dari kebisingan dan penggunaannya pada karyawan yang bekerja. Serta membuat program pengelolaan kebisingan seperti pergantian lokasi tempat kerja bagi para pekerja. Serta melaksanakan program pengelolaan stress kerja dengan sebaik mungkin.

Kata Kunci : Lingkungan fisik, kebisingan, stress kerja, kinerja.

THE RELATION BETWEEN PHYSICAL ENVIRONMENT AND WORKSTRESS TO JOB PERFORMANCE OF CONSTRUCTION WORKERS AT TOWER B CINERE RESORT APARTMENT PT. ADHI PERSADA GEDUNG 2018

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Abstract

Workstress is an one of the main problem for every company. The other factor of degradation performance in addition workstress is physical environment. Noise is one of the example for physical environment. Noise can result a bad impact if workers remain exposed above the threshold limit value. This research aims to determine the relation between physical environment and workstress to job performance of construction workers at tower B Cinere Resort Apartment PT. Adhi Persada Gedung. This research used chi square test. The sample of this study was 205 construction workers. Data was collected by sound level meter and questionnaire. The result of the research for relation between noise level and performance was known chi square significance value was 0,000, conclusion was there is relation between noise level with performance in Tower B Cinere Resort Apartment. Meanwhile, the result of the research for relation between workstress and performance was known chi square significance value was 0,000, conclusion was there is relation between workstress with performance in Tower B Cinere Resort Apartment 2018. PT. Adhi Persada is advised to pay more attention to the needs and supervision of Personal Protective Equipment from noise and its use to construction workers. And create a noise management program such as workplace location change for workers. And implement the job stress management program as possible.

Keywords : Physical Environment, noise, workstress, job performance