

# HUBUNGAN KARAKTERISTIK INDIVIDU DAN BEBAN KERJA DENGAN GEJALA *SICK BUILDING SYNDROME* PADA KARYAWAN PT. INFOMEDIA NUSANTARA TAHUN 2020

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## Abstrak

Selama beberapa tahun terakhir, istilah *Sick Building Syndrome* telah menjadi lebih umum namun tidak semua orang jelas tentang apa sebenarnya hal tersebut. *Sick Building Syndrome* digambarkan sebagai situasi dimana lebih dari 20% penghuni bangunan mengeluh tentang kualitas udara atau memiliki gejala persisten. Di tempat lain seperti di kota-kota besar di Indonesia, kemungkinan terjadi *Sick Building Syndrome* tinggi sebab banyak pembangunan gedung tanpa mempertimbangkan faktor kesehatan. Buruknya sirkulasi udara yang beredar di ruangan perkantoran menyebabkan lingkungan kerja berbahaya yang membuat karyawan semakin sakit seiring berjalannya waktu. Penelitian ini bertujuan untuk mengetahui hubungan antara karakteristik individu dan beban kerja dengan gejala *Sick Building Syndrome* pada karyawan PT. Infomedia Nusantara tahun 2020. Teknik pemilihan sampel dengan *total sampling* dan besar sampel 72 responden dengan menggunakan metode *cross sectional*. Pengumpulan data menggunakan alat bantu kuesioner. Hasil pengumpulan data akan dianalisis secara univariat dan bivariat. Hasil penelitian menunjukkan adanya hubungan antara umur ( $p = 0.029$ ), kondisi psikososial ( $p = 0.041$ ), dan stres kerja ( $p = 0,021$ ) dengan gejala *Sick Building Syndrome*. Sedangkan tidak ditemukan hubungan untuk variabel lain yaitu jenis kelamin, masa kerja, riwayat penyakit, dan beban kerja. Saran yang dapat dilakukan adalah diterapkan program *medical check up* berkala, menjadikan lingkungan kerja ideal dan kondusif, dan menyediakannya klinik kesehatan.

**Kata kunci:** *Sick Building Syndrome*, karakteristik individu, karyawan, perkantoran

# **THE RELATIONSHIP BETWEEN INDIVIDUAL CHARACTERISTICS AND WORKLOAD WITH THE SYMPTOMS OF SICK BUILDING SYNDROME ON EMPLOYEES OF PT. INFOMEDIA NUSANTARA IN 2020**

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## **Abstract**

Over the past few years, the term Sick Building Syndrome has become more common but not everyone is clear about what it really is. Sick Building Syndrome is described as a situation where more than 20% of building occupants complain about air quality or have persistent symptoms. Elsewhere, such as in major cities in Indonesia, the possibility of Sick Building Syndrome is high because there are many building constructions without considering health factors. Poor air circulation in the office room causes a dangerous working environment that makes employees increasingly sick as time goes by. This study aimed to determine the relationship between individual employee characteristics and workload with Sick Building Syndrome symptoms on employees of PT. Infomedia Nusantara in 2020. Sample selection technique by total sampling and a sample size of 72 respondents using cross sectional method. Data collection using questionnaire aids. The results of data collection will be analyzed univariate and bivariate. The results revealed that there were a relationship between age ( $p = 0.029$ ), psychosocial condition ( $p = 0.0041$ ), and occupational stress ( $p = 0.021$ ) with Sick Building Syndrome symptoms. Whereas no relationship was found for other variables such as gender, work period, disease history, and workload. Suggestions that can be undertaken are to implement medical check-up programs periodically, make the work environment ideal and conducive, and provide them with health clinics.

**Keywords:** Sick Building Syndrome, individual characteristics, employee, office