

ABSTRAK

“Hubungan Aktivitas Fisik dengan *Employee well-being* pada karyawan saat masa pandemi COVID-19 Ditinjau Dalam Islam”

Karyawan yang bekerja saat masa pandemi COVID-19 mempunyai tantangan tersendiri dengan kondisi kerja yang baru. Survei BPS (2020) yang dilakukan selama pandemi mengemukakan bahwa sebanyak 39,09% para pekerja bekerja secara WFH sejak ditetapkannya WFH dan sebanyak 34,76% melakukan keduanya yaitu bekerja secara *work from home* dan *work from office*. Data tersebut menunjukkan bahwa intensitas kegiatan karyawan berkurang, yang dapat menyebabkan menurunnya kinerja, timbulnya stres dan kecemasan yang berdampak pada pekerjaannya. Aktivitas fisik ditemukan dapat mempengaruhi kesejahteraan karyawan. Tujuan penelitian ini untuk mengetahui apakah terdapat hubungan atau korelasi antara aktivitas fisik dengan *employee well-being* pada karyawan saat masa pandemi di Jakarta. Alat ukur yang digunakan dalam penelitian ini adalah IPAQ dan EWB *Scale* yang telah di adaptasi kedalam bahasa Indonesia. Hasil uji korelasi kedua variabel ditemukan bahwa terdapat hubungan antara aktivitas fisik dengan *employee well-being* ($r = 0.201$, $p < 0.05$). Penelitian ini mengembangkan hasil penelitian terdahulu yang hanya mengkorelasikan aktivitas fisik dengan kesehatan, didapatkan bahwa aktivitas fisik juga berkorelasi dengan kesejahteraan karyawan dan dapat meningkatkan kesejahteraan. Hasil Dalam perspektif Islam, terdapat hubungan antara aktivitas fisik dengan *employee well-being* pada karyawan saat masa pandemi COVID-19.

Kata Kunci: Aktivitas Fisik, *Employee Well-Being*, Pandemi COVID-19

ABSTRACT

“The Relationship Between Physical Activity and Employee Well-Being in Employees During Pandemi COVID-19 and It’s Review in Islam”

Employees who work during the COVID-19 pandemic have their own challenges with new working conditions. The BPS (2020) survey conducted during the pandemic revealed that 39.09% of workers have worked WFH since the establishment of WFH and as many as 34.76% have done both work from home (WFH) and also work from office (WFO). These data indicate that the intensity of employee activities is reduced, which can lead to decreased performance, stress and anxiety that have an impact on their work. Physical activity was found to affect employee well-being. This study aims to determine whether there is a relationship or correlation between physical activity and employee well-being in employees during the pandemic in Jakarta. The measuring instruments used in this study are the IPAQ and EWB Scale which have been adapted into Indonesian. The results of the correlation test of the two variables found that there was a relationship between physical activity and employee well-being ($r = 0.201$, $p < 0.05$). This study develops the results of previous studies that only correlate physical activity with health, it is found that physical activity is also correlated with employee welfare and can improve welfare. Results From an Islamic perspective, there is a relationship between physical activity and employee well-being during the COVID-19 pandemic.

Key Words: Physical Activity, Employee Well-Being, Pandemi COVID-19