

HUBUNGAN STRES KERJA DENGAN PAPARAN PANAS PADA PERUSAHAAN TEMPA BESI DI JAKARTA TIMUR DAN TINJAUANNYA MENURUT PANDANGAN ISLAM

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ABSTRAK

Latar Belakang: Setiap tempat kerja mengandung berbagai potensi bahaya yang dapat mempengaruhi kesehatan tenaga kerja atau dapat menimbulkan gangguan fisik atau psikis terhadap tenaga kerja. Sebagian besar stressor terdapat pada waktu manusia bekerja, atau dengan kata lain stressor dari lingkungan kerja (*internal factor*) memiliki pengaruh paling besar bagi tingkat stres pekerja. Nilai ambang batas iklim kerja berdasarkan indeks suhu basah bola (ISBB) dengan beban kerja berat sebesar 27,5°C pada 75% waktu kerja dan 25% waktu istirahat. Menurut ajaran Islam bahwa dalam bekerja harus mentaati peraturan sebagaimana pada paparan panas yang ketentuannya telah diatur oleh ulul amri.

Tujuan : Mengetahui adanya hubungan antara stres kerja dengan paparan panas pada perusahaan tempa besi di Jakarta Timur serta tinjauannya menurut Islam.

Metode: Penelitian ini merupakan penelitian deskriptif analitik dengan metode *cross-sectional* dan penetapan sampel menggunakan *total sampling*.

Hasil: Jumlah responden penelitian ini yaitu 80 orang. Hasil penelitian menunjukkan mayoritas pekerja mengalami stres sedang yaitu sebanyak 65 orang (81,25%) dan hasil pengukuran paparan panas didapatkan rata-rata suhu di atas NAB. Berdasarkan bivariat dengan uji korelasi didapatkan nilai $p > 0,05$ yaitu 0,136 di mana nilai p tersebut menunjukkan tidak adanya hubungan stres kerja dengan paparan panas.

Kesimpulan: Berdasarkan penelitian yang telah dilakukan diperoleh kesimpulan bahwa tidak terdapat hubungan stres kerja dengan paparan panas pada perusahaan tempa besi di Jakarta Timur disebabkan oleh beberapa faktor yang ada saat observasi yaitu pengendalian faktor bahaya fisika dan ketersediaan ruang istirahat yang cukup memadai.

Kata Kunci: *Stres Kerja, Paparan Panas*

**CORRELATION BETWEEN WORK-RELATED STRESS AND HEAT
EXPOSURE IN IRON FORGING COMPANY IN EAST JAKARTA
AND ISLAMIC VIEW ABOUT IT**

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ABSTRACT

Background: Every work environment contained various hazardous potentials which can affect the health of workers or can inflict physical or psychological disorders to the workers. Most stressors were related to the time human works, or in other words, stressors from work environment (internal factors) have the highest effect to stress level of workers. The threshold value of work climate according to wet bulb globe temperature (WBGT) with heavy workload was 27.5oC during 75% of working time and 25% of rest time. According to Islam, work should obey regulation of heat exposure determined by Ulul Amri.

Objective: Determine the correlation between work-related stress and heat exposure in iron forging company in East Jakarta viewed from Islamic perspective.

Methods: This is an analytical descriptive study using cross-sectional method and samples were determined using total sampling.

Results: The number of participants in this study was 80. The results showed that most workers experienced moderate stress, i.e. 65 participants (81.25%) and the average result of heat exposure measurement showed temperature above TLV. of Based on bivariate analysis using correlation test showed p value > 0.05, which was 0.136 whereas the p value showed that there was no correlation between work-related stress and heat exposure.

Conclusion: According to the study, it can be concluded that there was no correlation between work-related stress and heat exposure in iron forging company in East Jakarta, which was caused by several factors present during observation, i.e. physics hazardous factor control and the availability of appropriate rest area.

Keywords: Work-related Stress, Heat Exposure