

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

Nazhira Nur¹, Amaliya¹, Dini Widianti², Zulmaizarna³

¹Mahasiswa, Fakultas Kedokteran, Universitas YARSI

²Dosen, Departemen Kesehatan Masyarakat
Fakultas Kedokteran, Universitas YARSI

³Dosen, Departemen Agama Islam,
Universitas YARSI

ABSTRAK

Latar belakang : Salah satu faktor penyebab stres kerja adalah kondisi lingkungan kerja yang bising. Kebisingan yang melebihi nilai ambang batas yang telah ditetapkan dalam peraturan pemerintah (85 dB) dapat mengganggu konsentrasi pekerja sehingga kemungkinan pekerja membuat kesalahan lebih besar dan hal ini dapat memicu terjadinya stres pada pekerja. Dalam Islam mematuhi aturan pemerintah termasuk dalam kepatuhan terhadap ulil amri, setelah kepatuhan kepada Allah SWT dan Rasulullah SAW.

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

Metode : Penelitian ini merupakan penelitian deskriptif analitik. Sampel dalam penelitian ini adalah seluruh pekerja produksi di Perusahaan Tempa Besi, Jakarta Timur sebanyak 80 orang. Alat yang digunakan dalam penelitian ini antara lain kuesioner SDSS (*survey diagnostic stress*) untuk mengukur tingkat stres kerja dan *Sound Level Meter* untuk mengukur kebisingan. Pengolahan data dengan menggunakan SPSS versi 20 dan dianalisis secara univariat dan bivariat.

Hasil : Berdasarkan hasil analisis antara variabel kebisingan dengan stres kerja dapat terlihat bahwa 7 orang pekerja (8,75%) yang tidak terpajan bising mengalami stres kerja sedang. Pekerja yang terpajan bising dan mengalami stres kerja sedang sebanyak 60 orang pekerja (75%). Sedangkan pekerja yang terpajan bising dan mengalami stres kerja berat yaitu sebanyak 13 orang pekerja (16,25%). Hasil uji statistik menunjukkan tidak terdapat hubungan yang bermakna antara stres kerja dengan kebisingan dengan nilai p sebesar 0,222 ($p < 0,005$).

Kesimpulan : Tidak adanya hubungan stres kerja dengan kebisingan di Perusahaan Tempa Besi di Jakarta Timur. Peraturan mengenai pengendalian kebisingan yang ada di perusahaan telah diatur oleh pemerintah dan dalam ajaran Islam, mematuhi aturan pemerintah termasuk dalam kepatuhan terhadap ulil amri.

Kata Kunci : Stres kerja, Kebisingan, Stresor

**CORRELATION BETWEEN WORK-RELATED STRESS AND NOISE IN
IRON FORGING COMPANY IN EAST JAKARTA VIEWED FROM
ISLAMIC PERSPECTIVES**

Nazhira Nur' Amaliya¹, Dini Widianti², Zulmaizarna³

¹Student, Faculty of Medicine, YARSI University

²Lecturer, Department of Public Health,
Faculty of Medicine, YARSI University

³Lecturer, Department of Islamic Studies,
YARSI University

ABSTRACT

Background: One of the factors causing work-related stress is noisy working environment condition. Noise that exceeds the threshold limit value determined by the government (85 dB) can disturb the concentration of workers, thus workers may cause more mistakes which can trigger work-related stress. In Islam, obeying the regulation of government is included in obedience to ulil amri, and obedience to Allah SWT and Rasulullah SAW.

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

Methods: This is an analytical descriptive study. Samples used in this study were all production workers in Iron Forging Company, East Jakarta which consisted of 80 people. The tools used in this study were SDSS (Stres Diagnostic Survey) questionnaire to measure stress level of workers and Sound Level Meter to measure noise. Data analysis was performed using SPSS version 20 with univariate and bivariate analysis.

Results: According to analysis results between noise and work-related stress variables, it was seen that 7 workers (8.75%) that were not exposed to noise experienced moderate stress. The workers who were exposed to noise and experienced moderate stress consisted of 60 people (75%). Meanwhile, there were 13 workers (16.25%) exposed to noise and experienced severe stress. Statistical test results showed that there was insignificant correlation between work-related stress and noise with p value of 0.222 ($p < 0.005$).

Conclusion: There was no correlation between work-related stress and noise in Iron Forging Company in East Jakarta. The regulation regarding noise control in the company has been regulated by the government and by Islamic teachings. Obeying the regulation of government is included in obedience to ulil amri.

Keywords: Work-related stress, Noise, Stressor