

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

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## ABSTRAK

**Latar Belakang:** Stress kerja merupakan pola reaksi serta adaptasi umum dalam arti menghadapi stressor, yang dapat berasal dari dalam maupun luar lingkungan pekerjaan individu yang bersangkutan. Salah satu faktor lingkungan kerja yang dapat menyebabkan terjadinya stress kerja yaitu intensitas cahaya. Intensitas cahaya yang diperbolehkan bagi lingkungan kerja sekitar 100-3000 lux.

**Tujuan:** Mengetahui hubungan antara stress kerja dengan intensitas cahaya pada perusahaan tempa besi di Jakarta Timur serta tinjauannya menurut Islam.

**Metode:** Studi ini merupakan studi deskriptif analitik dengan rancangan penelitian *cross sectional*. Penetapan sampel menggunakan metode *total sampling* dengan total responden sebanyak 80 orang. Alat yang digunakan untuk menilai stress kerja berupa kuesioner *Survey Diagnostic Stress* (SDS) dan pengukuran intensitas cahaya menggunakan *luxmeter*. Analisis data dilakukan secara univariat dan bivariat dengan menggunakan SPSS.

**Hasil:** Hasil disajikan dalam bentuk tabel, data yang didapatkan menggunakan skala ukur ordinal dan interval. Hasil penelitian menunjukkan pekerja mengalami stress kerja berat 16,25%, stress kerja sedang 81,25%, dan stress kerja ringan 2,5%. Hasil dari pengukuran intensitas cahaya menunjukkan 55% area kerja sudah sesuai dengan nilai ambang batas (NAB), sedangkan 45% area kerja tidak sesuai dengan nilai ambang batas (NAB). Berdasarkan hasil dari uji analisis bivariat dengan menggunakan uji *Chi Square* didapatkan *p value* 0,484 ( $>0,05$ ) yang berarti tidak terdapat hubungan yang signifikan antara stress kerja dengan intensitas cahaya.

**Kesimpulan:** Berdasarkan hasil penelitian, tidak terdapat hubungan yang signifikan antara stress kerja dengan intensitas cahaya pada perusahaan tempa besi di Jakarta Timur, kemungkinan para pekerja memiliki persepsi yang berbeda terhadap intensitas cahaya pada lingkungan kerjanya.

**Kata Kunci:** Stress kerja, stressor kerja, intensitas cahaya

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

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**ABSTRACT**

**Background:** Work-related stress is a reaction pattern and common adaptation to stressor and can be derived from outside or inside working environment of related individuals. One of the factors in working environment that can cause work-related stress is light intensity. The amount of light intensity allowed for working environment is around 100-3000 lux.

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

**Methods:** This study was an analytical descriptive study using cross-sectional design. Sample determination was conducted using total sampling method with a total of 80 participants. The equipment used to assess work-related stress was Stress Diagnostic Survey (SDS) and light intensity measurement was performed using lux meter. Data analysis used was univariate and bivariate using SPSS.

**Results:** The results were presented in table. Data were obtained using ordinal and interval scales. Moderate stress was found in 81.25% participants, and mild stress in 2.5%. The results of light intensity measurement showed 55% of working area was in accordance with threshold limit value (TLV), while 45% was not. According to the results of bivariate analysis using Chi Square, p value obtained was 0.484 ( $> 0.05$ ) which means that there was insignificant correlation between work-related stress and light intensity.

**Conclusion:** According to the results of this study, there was insignificant correlation between work-related stress and light intensity in iron forging company in East Jakarta. The workers may have different perception to light intensity in their working environment.

**Keywords:** Work-related stress, work stressors, light intensity