

Psychosocial Relationship With Working Stress In Workers Of Sinar Harapan Trading Company In Padang Serai Bengkulu City

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ABSTRACT: Safety and Health at Work (K3) is a condition of factors that influence the safety and health of workers (including workers from contractors) and also guests or other people at work. This study aims to determine the psychosocial relationship with work stress on workers of Sinar Harapan Teknik Trading Company in the Padang Serai City of Bengkulu. his type of research is descriptive analytic, with the cross-sectional design. The population is 70 respondents, using total sampling. Univariate analysis data obtained results from more than half 36 (51.4%) workers experienced good psychosocial, and 34 (48.6%) workers experienced bad psychosocial. Of 70 workers, 48 (68.6%) workers were declared to have mild stress, 8 (11.4%) workers were declared to have moderate stress, and 14 (20.0%) workers experienced severe stress. From the results of a bivariate analysis, data shows the value of $p\text{-value} = 0.002$ ($p \leq 0.05$) which means that there is a relationship between psychosocial with work stress on workers. To reduce the occurrence of work stress, the company can create good interpersonal relationships, and can produce good performance needs to be created a psychosocial environment so that individuals feel comfortable in their groups and organizations to produce high productivity and improve the quality of work.

Keywords: psychosocial, work stress

I. INTRODUCTION

Safety and Health at Work (K3) is a condition that will affect the workers (including workers from contractors) and also guests or others at work. (OHSAS 2007). There are three largest lathe workshops in Bengkulu City. Of the total lathe workshops that have the highest cases of workplace accidents in the last three years is Sinar Harapan Teknik lathe workshop which has 70 employees with 15 cases of workplace accidents, while the Bubut 2001 workshop has 32 employees with 6 cases of workplace accidents (Depnaker Bengkulu City 2014).

Therefore the purpose of this study was to determine the psychosocial relationship with work

stress on workers of Sinar Harapan Teknik Trading Company in the Padang Serai City of Bengkulu.

Psychosocial is a condition that occurs in individuals that include psychological and social aspects or vice versa. Psychosocial refers to the dynamic relationship between psychological and social factors, which interact and influence one another. Psychosocial itself comes from the word psycho and social. Psycho words refer to the psychological aspects of the individual (thoughts, feelings, and behavior) while social refers to the external relations of individuals with those around him. Psychosocial terms mean offending social relations that include psychological factors (Chaplin, 2011).

Stress is all the action of the human body against all stimuli both from outside and from within the body itself which can cause various adverse effects ranging from decreased health to the onset of an illness. With work, all the effects of stress will lead to decreased performance, efficiency and productivity of the work in question. (Tarwaka 2011).

II. METHOD

This type of research is descriptive analytic, using a cross-sectional design. The population is 70 respondents, using total sampling.

III. RESULT

1. Univariate Analysis

This analysis was conducted to obtain an overview of the distribution of respondents' characteristics, psychosocial frequency distribution and frequency distribution of work stress on PD Sinar Harapan Teknik workers in Padang Serai, Bengkulu City. The results of the frequency distribution can be seen in the following table:

TABLE 4.1 CHARACTERISTICS OF RESPONDENTS BY AGE, LAST EDUCATION AND LENGTH OF WORK

Variable	Frequency (f)	Percentage (%)
Age		
19-29 Year	38	54,3 %
30-40 Year	23	32,9 %
41-50 Year	9	12,9 %
Total	70	100 %
Last Education		
SMP	11	15,7 %
SMA/SMK	59	84,3 %
Total	70	100 %
Length of Work		
1-10 Year	41	58,6 %
11-20 Year	18	25,7 %
21-30 Year	11	15,7 %
Total	70	100 %

Based on table 4.1 it is known that most respondents are still relatively young with ages between 19 to 29 years as many as 38 (54.3%) respondents, the last education respondents mostly graduated from high school / vocational school as much as 59 (84.3%) respondents and most respondents with working duration from 1 to 10 years were 41 (58.6%) respondents.

TABLE 4.2 RESPONDENT FREQUENCY DISTRIBUTION BASED ON PSYCHOSOCIAL IN PD SINAR HARAPAN TEKNIK WORKERS KOTA BENGKULU

No	Psychosocial	Frequency (f)	Percentage (%)
1	Good	36	51,4%
2	Bad	34	48,6%
Total		70	100%

Based on table 4.2 it is known that the results of psychosocial frequency data of

No	Psychosocial	Frequency (f)	Percentage (%)
1	Mild	48	68,6%
2	Moderate	8	11,4%
3	Severe	14	20,0%
Total		70	100%

more than half 36 (51.4%) workers experienced god psychosocial.

TABLE 4.3 RESPONDENT FREQUENCY DISTRIBUTION BASED ON WORK STRESS IN PD SINAR HARAPAN TEKNIK WORKERS KOTA BENGKULU

Based on table 4.3 of 70 workers, 48 (68.6%) workers were declared to have experienced mild stress, 8 (11.4%) workers were declared to have moderate stress and 14 (20 %) workers experienced severe stress.

2. Bivariate Analysis

Bivariate analysis is used to determine the relationship between independent and sependet variables. Psycosocial variable analysis results with work stress can be seen in table 4.4 .

TABLE 4.4 RESULTS OF PSYCHOSOCIAL BIVARIATE ANALYSIS WITH WORK STRESS ON WORKERS PD. SINAR HARAPAN TEKNIK KOTA BENGKULU

No	Psychosocial	Work Stress			Total	Percentage (%)	P Value
		Mild	Moderate	Hard			

Based on table 4.4 the results of the data analysis test showed the value of $p = 0.002$ value ≤ 0.05 which means that, there was a significant relationship between psychosocial and work stress on PD Sinar Harapan Teknik workers in Padang Serai City of Bengkulu.

IV. DISCUSSION

a. Psychosocial Frequency Distribution for PD Sinar Harapan Teknik workers in Padang Serai City of Bengkulu

The results showed that of the 70 workers, most of the respondents more than half 36 (51.4%) workers experienced good psychosocial and 34 (48.6%) workers experienced bad psychosocial. Psychosocial itself is a condition that occurs in individuals that include psychological and social aspects or vice versa. Psychosocial refers to the dynamic relationship between psychological and social factors, which interact and influence one another. Psychosocial itself comes from the word psycho and social. Psycho words refer to the psychological aspects of the individual (thoughts, feelings, and behavior) while social refers to the external relations of individuals with those around a person. Psychosocial terms mean offending social relations that include psychological factors (Chaplin, 2011). It is known that a bad psychosocial condition does not always accompany the increasing working period. Munandar (2001) adds that the period of work, both new and old work period can trigger work stress with an additional heavy workload. Psychosocial problems that cause stress will have an impact on the reduction of the quality of human resources in the medical staff which will be positively correlated with

the decline in productivity and work performance (Major, 2012).

b. Work Stress Frequency Distribution for PD Sinar Harapan

Teknik workers in Padang Serai City of Bengkulu

The results showed that out of 70 workers, 48 (68.6%) workers were declared to have mild stress, 8 (11.4%) workers were declared to be moderately stressed, and 14 (20.0%) experienced severe stress. The results showed that the majority of respondents who experienced work stress said that the symptoms often experienced were sleep disturbances or difficulty sleeping, difficulty concentrating, and feeling tired and dizzy. Respondents who experienced stress due to work conditions are the pressure felt by the workforce if the work faced is more than usual and must be done in the work environment within a particular time. In addition to work conditions, other factors are more dominant in creating work stress such as work demands. Workers who do not have enough information to carry out their roles or cannot realize expectations related to their role will generate work stress.

All actions of the human body against all stimuli both from outside and from within the body itself and that come from the conditions of the work itself, role conflict that is unclear roles in work, career development. It is not implemented, and organizational structure is lacking clarity of role in the office, authority and responsibility can cause a variety of adverse effects ranging from declining health to suffering from an illness.

c. Psychosocial Relationship with Work Stress on PD Sinar Harapan Teknik Workers in Padang Serai City of Bengkulu

Based on Chi-square statistical test obtained significance value $p = 0.002$ value ≤ 0.05 , which means that H_a is accepted and H_o is rejected, and there is a significant relationship between psychosocial and work stress on PD Sinar Harapan Teknik workers in Padang Serai City of Bengkulu.

The conditions of interpersonal relations and poor leadership factors can have an impact on several health problems. Some research results show that low social support conditions can affect the increased risk of health problems such as stress, cardiovascular disorders, coronary heart disease, general mental disorders, depression, and neck pain (Eurofound, 2012).

This research is in line with the research conducted by Brian Winsu et al.,

(2013) The description of work stress on employees of PT Bank Sulut Manado Branch is that employees who experience work stress as much as 42.5% with mild stress level category. The description of work fatigue at the employees of PT Bank Sulut Manado Branch is that there are 62.5% of employees experiencing work exhaustion which consists of the category of workplace fatigue with a level of 57.5% and a moderate level of 5%. There is a significant relationship between work stress and work fatigue, where respondents who experience work stress have a five times greater chance of getting work fatigue.

V. CONCLUSION

The results of the study and discussion can be summarized as follows:

1. More than half 36 (51.4%) workers experienced good psychosocial, and 34 (48.6%) workers experienced bad psychosocial.
2. Out of 70 workers, 48 (68.6%) workers were declared to have mild stress, 8 (11.4%) workers were declared to have moderate stress, and 14 (20.0%) workers experienced severe stress.
3. Bivariate results show the value of $p = 0.002$, the value of ≤ 0.05 means that there is a relationship between psychosocial and work stress on PD Sinar Harapan Teknik workers in Padang Serai City of Bengkulu.

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