

INTISARI

Latar Belakang: Pekerja layanan teknis (Yantek) PT X berisiko tinggi mengalami *heat stress* akibat paparan iklim kerja panas, beban kerja fisik berat, serta penggunaan alat pelindung diri. *Heat stress* dapat menurunkan konsentrasi, produktivitas, dan meningkatkan risiko kecelakaan kerja. Penelitian ini bertujuan menganalisis hubungan iklim kerja, masa kerja, dan indeks massa tubuh (IMT) dengan *heat stress* pada pekerja Yantek.

Metode: Penelitian kuantitatif dengan desain cross sectional dilakukan pada 53 pekerja Yantek di PT X Unit Layanan Pelanggan Bantul. *Heat stress* diukur menggunakan *Environmental Symptoms Questionnaire* (ESQ), iklim kerja diukur dengan *Questemp Heat Stress Monitor*, masa kerja diperoleh dari kuesioner demografi, sedangkan IMT diukur dengan timbangan digital dan microtoise. Analisis data meliputi uji univariat, uji normalitas *Kolmogorov-Smirnov*, serta uji bivariat (*Spearman*, *Chi-square*, dan *Mann-Whitney*).

Hasil: Sebanyak 50,94% responden mengalami *heat stress* ringan dan 49,06% mengalami *heat stress* berat. Mayoritas responden memiliki masa kerja >2 tahun (88,68%) dan IMT obesitas (54,72%). Hasil uji statistik menunjukkan tidak terdapat hubungan signifikan antara *heat stress* dengan masa kerja ($p=0,423$), IMT ($p=0,152$), maupun iklim kerja ($p=0,229$). Namun, deskriptif data menunjukkan kecenderungan pekerja dengan IMT obesitas dan paparan panas di atas NAB lebih sering mengalami *heat stress* berat.

Kesimpulan: *Heat stress* masih menjadi masalah nyata pada pekerja Yantek meskipun tidak ditemukan hubungan signifikan secara statistik dengan masa kerja, IMT, maupun iklim kerja. Perusahaan perlu meningkatkan upaya pencegahan melalui penyediaan air minum, modifikasi pakaian kerja, serta manajemen beban kerja untuk menekan risiko *heat stress*.

Kata Kunci: *heat stress*, iklim kerja, masa kerja, indeks massa tubuh.

ABSTRACT

Purpose: Technical service workers (Yantek) at PT X are at high risk of heat stress due to hot working environments, heavy physical workloads, and the use of personal protective equipment. Heat stress may reduce concentration, lower productivity, and increase the risk of occupational accidents. This study aims to analyze the relationship between work climate, years of service, and body mass index (BMI) with heat stress among Yantek workers.

Methods: quantitative study with a cross-sectional design was conducted on 53 Yantek workers at PT X Customer Service Unit in Bantul. Heat stress was assessed using the Environmental Symptoms Questionnaire (ESQ). Work climate was measured using a Questemp Heat Stress Monitor. Work tenure was collected through demographic questionnaires, and BMI was measured using a digital scale and microtoise. Data analysis included univariate analysis, Kolmogorov-Smirnov normality test, and bivariate analysis (Spearman, Chi-square, and Mann-Whitney tests).

Results: A total of 50.94% of respondents experienced mild heat stress, while 49.06% experienced severe heat stress. Most respondents had more than two years of service (88.68%) and were classified as obese (54.72%). Statistical analysis showed no significant relationship between heat stress and years of service ($p=0.423$), BMI ($p=0.152$), or work climate ($p=0.229$). However, descriptive findings indicated that workers with obesity and those exposed to heat levels exceeding the threshold limit were more likely to experience severe heat stress.

Conclusion: Although no statistically significant associations were found, heat stress remains a considerable occupational health issue among Yantek workers. Preventive measures such as adequate hydration, improved work clothing, and workload management are recommended to reduce heat stress risks.

Keywords: heat stress, work climate, work tenure, body mass index.