

The Correlations of Room Temperature and Individual Characteristics and Job Stress On Employee In Laundry Installation Unit of Dr. Sardjito Hospital Yogyakarta

Wa Ode Nurhidayati¹, Adi Heru Sutomo², Widodo Hariyono²

ABSTRACT

Background: work stress is one of the factors of health threats perceived by employees, especially employees in the hospital. One of service in Dr. Sardjito Hospital is related to linen in laundry Installation Unit that has to serve in hospital. Employee job stress is triggered by individu and work invorenment

Objective: To determine the correlation of the temperature of the room and individual characteristics with work stress on employees in the unit laundry installations Dr. Sardjito Hospital.

Method: This is a quantitative research, with observational method by using cross sectional design. The research subject was as many as 33 respondents. The independent variables are temperature of the room and individual characteristics. The dependent variable was job stress. The tools used are job stress questionnaires, checklists and a thermometer to measure the temperature of the room. Data were analyzed using Chi Square test and logistic regression. The over all using 95% confident interval and significance level as 90,05

Results: Based on the analyzed data Sex $p = 0.00$ has a correlation with the work stress, while the room temperature $p = 0.94$ ($p > 0.05$), Age $p = 0.05$ ($p = 0.05$), marital status $p = 0.93$ ($p > 0.05$), length of employment $p = 0.36$ ($p > 0.05$) and Shift work $p = 0.22$ ($p > 0.05$) was not correlated to work stress on employees cleaners installation units of Dr. Sardjito Hospital. Multivariate analysis with logistic regression test showed that gender was significantly associated with work stress, with $p = 0.01$, OR = 7,07 dan (CI95% 0,32-3,58).

Conclusion: There is a significant relationship between the sex with the work stress and there is no correalation between the room temperature, age, marital status, length of employment and shift work to employees in the unit laundry installations of Dr. Sardjto Hospital.

Key words: Room temperature, Individual characteristics, Work stress

1. Student of Department Occupational Safety and Health, Public Health Sciences Graduate Program, Faculty of Medicine, Gadjah Mada University.
2. Lecturer of Department Occupational Safety and Health, Public Health Graduate Program, Faculty of Medicine, Gadjah Mada University.

INTISARI

Latar belakang: Stres kerja adalah salah satu faktor ancaman kesehatan yang dirasakan oleh karyawan khususnya yang bekerja di Rumah Sakit. Salah satu bentuk pelayanan RSUP Dr. Sardjito yakni terkait linen rumah sakit yang mempunyai tugas dalam melayani kelengkapan rumah sakit. Stres kerja karyawan disebabkan oleh faktor individu dan lingkungan kerja.

Tujuan: Untuk mengetahui hubungan suhu ruangan dan karakteristik individu dengan stres kerja pada karyawan di unit instalasi binatu RSUP Dr. Sardjito.

Metode Penelitian: Jenis penelitian ini adalah kuantitatif, metode *observational analitic* dengan menggunakan desain *cross sectional* untuk mencari hubungan antara variabel bebas dengan variabel terikat. Subjek penelitian adalah karyawan di Unit Instalasi Binatu dengan total sampel yaitu 33 orang. Kuat hubungan digambarkan dengan nilai *Odds Ratio* yang diperoleh melalui analisis bivariat dan multivariat dengan uji regresi logistik sedangkan uji *chi square* digunakan untuk uji signifikansi. Keseluruhan uji menggunakan *Confidence Interval* 95% dan tingkat kemaknaan $p < 0,05$.

Hasil: Berdasarkan hasil uji dan analisis, diketahui bahwa jenis kelamin $p = 0,00$ mempunyai hubungan dengan stres kerja, sedangkan suhu ruangan $p = 0,94$ ($p > 0,05$), usia $p = 0,05$ ($p > 0,05$), Status pernikahan $p = 0,93$ ($p > 0,05$), Masa kerja $p = 0,36$ ($p > 0,05$) dan *Shift* kerja $p = 0,22$ ($p > 0,05$) tidak berhubungan dengan stres kerja pada karyawan di unit instalasi binatu RSUP Dr. Sardjito. Pada hasil Analisis multivariat dengan uji regresi logistik menunjukkan bahwa jenis kelamin berhubungan secara signifikan dengan stres kerja, dengan $p = 0,01$, OR 7,07 dan (CI 95% 0,32- 3,58)

Kesimpulan: Terdapat hubungan signifikan antara jenis kelamin dengan stres kerja dan tidak terdapat hubungan antara suhu ruangan, usia, status pernikahan, masa kerja dan *shift* kerja pada karyawan di unit instalasi binatu RSUP Dr. Sardjito.

Kata Kunci: Suhu Ruangan, Karakteristik Individu, Stres Kerja.