ABSTRACT

Happy Ayu Martana 2015, Thesis. Title: "The Stress Effects of Shift Work At Work Against Environment Employees at PT. Semen Indonesia (Persero) Tbk

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Keywords : Shift Work and Work Stress

The business competitive world of today, many consumer demand make companies are required to optimize productivity or produce more. In order to meets the desires of consumers and for the purpose of a company that makes a profit remains unfulfilled, needed a system that is working a shift system. The fight is important in shift work is a human resources (HR). Shift work is a division of work schedules for employees, where the employees come in rotation according a predetermined schedule. Shift consists of shift 1, 2 and 3. With the shift shift system the company is expected to produce optimally. However, in addition to the positive impact also have a negative impact for those employees, as well as the effects of stress.

The purpose of this study was to determine whether the shift system of work stress affects the employee. From that background that this research was conducted with the title "the effect of shift work on work stress on employees of PT. Semen Indonesia (Persero) Tbk.

This study uses a quantitative method with apparatus questionnaire distributed to employees in shift on the part of the finish mill, electricity, WT, paker, engines and parts jumbo bag. Where there are 67 samples with calculations by Slovin, based on age, years of service. The results showed that the work shift significant effect on work stress on employees.