

ABSTRAK

Judul penelitian ini adalah Efektivitas Clay Therapy pada Technician Line Maintenance usia dewasa madya yang mengalami Occupational Stress di PT. GMF AeroAsia. Tujuan dilakukannya penelitian ini adalah untuk mengetahui efektivitas intervensi *Clay Therapy* pada Technician usia dewasa madya (35-45 tahun) Line Maintenance PT. GMF AeroAsia yang mengalami *Occupational Stress* agar dapat mengatasi hambatan dalam bekerja sehingga dapat meningkatkan produktivitas kerja.

Penelitian ini diberikan pada 2 orang Technician Line Maintenance dengan alat ukur *Job Stress Questionnaire* yang disusun berdasarkan teori stres kerja oleh Stephen P. Robbins (2002) dan dimodifikasi dengan uji validitas berkisar antara 0.204 – 0.775 dan reliabilitasnya sebesar 0.839 oleh Puji Widi Nurcipta tahun 2007.

Hasil penelitian berdasarkan hitungan statistik parametrik *T-Test Paired Two Sample*, dua partisipan mengalami penurunan yang signifikan setelah diberikan Clay Therapy, dengan nilai $P(T \leq t) \text{ two-tail} = 0,00 = < 0.05$ (signifikan). Hal ini menunjukkan bahwa Clay Therapy efektif digunakan untuk mengatasi Occupational Stress khususnya pada karyawan Line Maintenance Usia dewasa madya di PT. GMF AeroAsia. Penurunan Occupational Stress merata pada 3 aspek yang di ukur yaitu dari gejala perilaku, gejala fisiologis dan gejala psikologis.

Saran praktis penelitian untuk PT. GMF AeroAsia, adalah menjadikan Clay Therapy sebagai salah satu bahan pertimbangan untuk diberikan pada karyawan yang mengalami Occupational Stress sehingga dapat memberikan hasil kerja sesuai harapan perusahaan. Kemudian bagi peneliti lainnya diharapkan agar dapat dilakukan pertemuan lanjutan setelah diberikan Clay Therapy agar partisipan dapat mengelola dan menjaga produktivitas kerjanya dan secara kontinu melakukan coping stress agar dapat mengatasi kendala yang memicu munculnya Occupational Stress.

ABSTRACT

The title of this observation is Effectiveness of Clay Therapy on middle age Line Maintenance Technician. That suffered Occupational Stress at PT. GMF AeroAsia. The purpose of doing this observation is to know the effectiveness of Clay Therapy intervention to middle age Line Maintenance technician (34-45 years old) PT. GMF AeroAsia that suffered Occupational Stress to overcome obstacle in work to increase work productivity.

This observation given to two Line Maintenance technician that suffered occupational stress which begin by giving questionnaire to learn degree of stress on those two participants. The measure device use in this observation is Stress Questionnaire. This questionnaire made based on Theory of Work Stress by Stephen P Robbins (2002), which have been modified and tested its validity and reliability by Puji Widi Nurcipta commissioned in 2007. Item validity ranging between 0.204 – 0.775, while, reliability is about 0.839

The result of this observation shows that based on parametric statistic calculation T-Test Paired Two Sample two participants experienced significant decrease after given Clay Therapy, with $P(T \leq t)$ two-tail = 0,00 = <0.05 (significant). This shows that Clay Therapy is effective to overcome Occupational Stress, especially on middle mature age at PT. GMF AeroAsia (Table 4.1.5). A Decrease in Occupational Stress evenly distributed on three aspects that measured from behavioral symptoms, physiological symptoms and psychological symptoms

The Practical Advice from this observation is for PT. GMF AeroAsia, this Clay Therapy can be used as one of consideration for employees that suffered occupational stress so it can provide work output according to company expectation. Moreover, for other researchers is expected to conduct further meeting after given clay therapy. Therefore, the participant can manage and maintain working productivity and continuously perform coping stress in order to overcome obstacle that trigger Occupational Stress

DAFTAR ISI

LEMBAR PENGESAHAN

PERNYATAAN ORISINALITAS LAPORAN PENELITIAN

PERNYATAAN PUBLIKASI LAPORAN PENELITIAN

ABSTRAK

ABSTRACT

DAFTAR ISI

DAFTAR TABEL

DAFTAR BAGAN

BAB I PENDAHULUAN

1.1.	Latar Belakang Penelitian	1
1.2.	Identifikasi Masalah.....	13
1.3.	Maksud dan Tujuan Penelitian.....	13
1.3.1.	Maksud Penelitian.....	13
1.3.2.	Tujuan Penelitian.....	13
1.4.	Kegunaan Penelitian.....	14
1.5.	Metodologi.....	14

BAB II TINJAUAN PUSTAKA

2.1. Stress.....	15
2.1.1. Pengertian Stress.....	16
2.1.2. Dinamika Terjadinya Stress.....	20
2.1.3. Konsekuensi Stress.....	22
2.1.4. Occupational Stress.....	23
2.1.4.1. Pengertian Occupational Stress.....	22
2.1.4.2. Sumber Stress Kerja.....	26
2.1.4.3. Respon Tubuh Terhadap Stress Kerja.....	37
2.1.5. Coping Stress.....	38
2.1.5.1. Definisi Coping Stress.....	38
2.1.5.2. Beberapa Cara Coping Stress.....	39
2.2. Psikoterapi.....	44
2.2.1. Pengertian Psikoterapi.....	44
2.2.2. Terapi Client-Centered.....	44
2.2.3. Clay Therapy.....	47
2.2.3.1. Clay As Expressive Therapy.....	47
2.2.3.2. Clay Used In Body-Based Psychotherapy.....	47
2.2.3.3. Languages For Communicating In Body-Based Psychotherapies.....	51
2.2.3.4. Clay as A Body-Based Tool of Action Therapy.....	56
2.2.3.5. Tujuan Clay Therapy.....	56
2.3. Tahap Perkembangan.....	60

2.3.1. Teori Perkembangan Erik Erikson.....	60
2.4. Kerangka Pikir.....	65

BAB III METODOLOGI PENELITIAN

3.1. Metodologi Penelitian.....	72
3.2. Variabel penelitian dan Definisi Operasional.....	73
3.2.1. Variabel Penelitian.....	73
3.2.2. Definisi Operasional.....	74
3.2.2.1. Definisi Operasional Occupational Stress.....	74
3.2.2.2. Definisi Operasional Clay Therapy.....	74
3.3. Alat Ukur.....	75
3.3.1. Validitas dan Reliabilitas.....	76
3.4. Subyek Penelitian.....	77
3.5. Teknik Analisis Data	77
3.6. Prosedur Clay Therapy.....	78

BAB IV HASIL DAN PEMBAHASAN

4.1. Hasil.....	82
4.1.1. Gambaran Umum Subyek.....	82
4.1.2. Identitas Subyek 1.....	82
4.1.2.1. Status Praesens Subyek 1.....	83
4.1.2.2. Observasi Subyek 1.....	83
4.1.2.3. Latar Belakang Subyek 1.....	85
4.1.3. Identitas Subyek 2.....	88

4.1.3.1. Status Praesens Subyek 2.....	89
4.1.3.2. Observasi Subyek 2.....	89
4.1.3.3. Latar Belakang Subyek 2.....	91
4.1.4. Proses Clay Therapy.....	93
4.1.4.1. Proses Clay Therapy Subyek 1.....	93
4.1.4.2. Proses Clay Therapy Subyek 2.....	100
4.1.5. Hasil Pengukuran Berdasarkan Uji Statistik.....	107
4.2. Pembahasan.....	109
4.2.1. Subyek 1.....	109
4.2.2. Subyek 2.....	116
4.2.3. Perbandingan Subyek 1 dan Subyek 2.....	122
4.2.4. Diskusi.....	124
BAB V KESIMPULAN DAN SARAN	
5.1. Kesimpulan.....	126
5.2. Saran.....	127
5.2.1 Saran Teoretis.....	127
5.2.2. Saran Praktis.....	127

DAFTAR PUSTAKA

DAFTAR RUJUKAN

LAMPIRAN

DAFTAR TABEL

TABEL 3.3 (a)	Indikator Kuesioner Derajat <i>Operasional Stress</i>
TABEL 3.3 (b)	Bobot Nilai Kuesioner Derajat Stres Kerja
TABEL 4.1.5 (a)	Hasil Uji Statistik Subyek 1
TABEL 4.1.5 (b)	Hasil Uji Statistik Subyek 2

DAFTAR BAGAN

BAGAN 2.1	Model Stres
BAGAN 2.4	Kerangka Pemikiran
BAGAN 3.1	Rancangan Penelitian

DAFTAR LAMPIRAN

LAMPIRAN 1	Kuesioner Derajat Stres kerja
LAMPIRAN 2	Prosedur Clay Therapy
LAMPIRAN 3	Data Pretest dan Posttest
LAMPIRAN 4	Foto Pelaksanaan Clay Therapy