

ABSTRACT

Correlation Between Shift Work With Depression, Anxiety And Stress On Workers In (Cane Roll Mill) Maintenance Subdivision At PTPN VII Bunga Mayang

By

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Shift work is to rotate their work, night workers, and those who continue to work during the hours that is not uncommon on weekends or on weekdays, for continuous operation extension. Health and safety effects which can be felt by workers are interfered sleep quality and decrease of personal relationship quality can cause anxiety, depression, and stress. This study was aimed to know correlation between night shift with anxiety, depression, and stress on workers in cane roll mill maintenance subdivision. This study used quantitative observational method by cross sectional approach. This study was done in November 2013 at Cane Roll Mill Maintenance Subdivision of PTPN VII Bunga Mayang.

Samples in this study were 60 people who work as night shift and not the night shift. Assessment of depression, anxiety and stress were measured with a questionnaire DASS 42. Statistical analysis used was wilcoxon test with $p < 0,05$.

study showed the incidence of depression in night shift workers most severely depressed is 35% or 21 people, and on the night shift instead of 81.7%, or 49 people, the incidence of anxiety in night shift workers are subjected to very severe anxiety that is 36.7 % or 34 people, and on the night shift instead of 76.6%, or 46 people, the incidence of stress in night shift workers are subjected to severe stress which is 36.7% or 22 people, and on the night shift instead of 80%, or 48 people. This researchers conclude there is a significant relationship between work shifts with depression ($p=0.001$), anxiety (0.001), and stress ($0,001$).

Key word : Anxiety, depression, shift work, stress.