

ABSTRACT

THE RELATIONSHIP BETWEEN INDIVIDUAL FACTORS AND OCCUPATIONAL FACTORS WITH ANXIETY AMONG PALM OIL FARMERS IN SIMPANG PEMATANG SUBDISTRICT, MESUJI REGENCY, LAMPUNG PROVINCE

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Background: As the world's largest palm oil producer, Indonesia must prioritize farmer welfare, particularly concerning mental health risks like anxiety caused by high work-related pressure.

Methods: This cross-sectional study used purposive sampling and was conducted from September 2024 to January 2025 in Simpang Pematang District, Mesuji-Lampung. Variables included age, education, income, interpersonal relationships, work tenure, working hours, land ownership, and pesticide use. Data from 96 farmers were collected using identity questionnaires, GAD-7, and MSPSS, then analyzed with *chi-square* and Fisher's exact tests ($\alpha=5\%$).

Results: A total of 13.5% of farmers experienced anxiety symptoms, with most (91.7%) aged 25–60 years. The majority had high interpersonal relationships (77.1%), worked ≤ 8 hours/day (77.1%), had basic education (61.5%), earned below the regional minimum wage (62.5%), owned land (62.5%), used pesticides ≤ 2 times/year (63.5%), and worked ≤ 10 years (54.2%). Bivariate analysis showed that work tenure was significantly associated with anxiety ($p=0.007$), while other variables were not significant. Multivariate analysis identified work tenure (OR=11.31) and income (OR=6.01) as the most influential factors.

Conclusion: Work tenure is significantly associated with anxiety and is the strongest influencing factor among palm oil farmers in Simpang Pematang. Other variables, including age, education, income, interpersonal relationships, working hours, land ownership, and pesticide use, were not significantly associated with anxiety.

Keywords: anxiety, individual factors, mental health, occupational factors, palm oil farmers.

ABSTRAK

HUBUNGAN ANTARA FAKTOR INDIVIDU DAN FAKTOR PEKERJAAN DENGAN KECEMASAN PADA PETANI KELAPA SAWIT DI KECAMATAN SIMPANG PEMATANG, KABUPATEN MESUJI-LAMPUNG

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Latar Belakang: Sebagai produsen kelapa sawit terbesar di dunia, Indonesia perlu memperhatikan kesejahteraan petani, terutama terkait risiko kesehatan mental seperti kecemasan akibat tekanan kerja yang tinggi.

Metode: Penelitian ini menggunakan desain cross-sectional dengan teknik purposive sampling, dilakukan pada September 2024 – Januari 2025 di Kecamatan Simpang Pematang, Mesuji-Lampung. Variabel yang diteliti meliputi usia, pendidikan, pendapatan, hubungan interpersonal, masa kerja, lama bekerja, kepemilikan lahan, dan penggunaan pestisida. Data dari 96 petani dikumpulkan melalui kuesioner identitas, GAD-7, dan MSPSS, lalu dianalisis menggunakan uji *chi-square* dan Fisher's exact ($\alpha=5\%$).

Hasil: Sebanyak 13,5% petani mengalami gejala kecemasan, dengan mayoritas (91,7%) berusia 25–60 tahun. Sebagian besar petani memiliki hubungan interpersonal tinggi (77,1%), bekerja ≤ 8 jam/hari (77,1%), berpendidikan dasar (61,5%), berpendapatan di bawah UMK (62,5%), memiliki lahan sendiri (62,5%), menggunakan pestisida ≤ 2 kali/tahun (63,5%), dan bekerja ≤ 10 tahun (54,2%). Uji bivariat menunjukkan masa kerja berhubungan dengan kecemasan ($p=0,007$), sementara variabel lainnya tidak signifikan. Uji multivariat menemukan masa kerja (OR=11,31) dan pendapatan (OR=6,01) sebagai faktor yang paling memengaruhi kecemasan.

Simpulan: Masa kerja memiliki hubungan dan pengaruh paling kuat terhadap kecemasan petani kelapa sawit di Simpang Pematang, sementara variabel lain seperti usia, pendidikan, pendapatan, hubungan interpersonal, lama bekerja, kepemilikan lahan, dan penggunaan pestisida tidak menunjukkan hubungan signifikan.

Kata Kunci: faktor individu, faktor pekerjaan, kecemasan, kesehatan mental, petani kelapa sawit,