

## **ABSTRAK**

### **PENGARUH AROMATERAPI TERHADAP STRES KERJA KARYAWAN**

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Aromaterapi adalah terapi menggunakan minyak esensial hasil ekstraksi tumbuh-tumbuhan, untuk penyembuhan mempengaruhi tubuh dan pikiran. Penelitian eksperimen ini bertujuan meneliti pengaruh aromaterapi bagi karyawan dalam menurunkan stres kerja.

Rancangan penelitian ini adalah one group pretest-posttest design. Subjek (N = 15) dibagi menjadi 2 kelompok, terdiri dari 8 subjek Kelompok Kontrol tanpa perlakuan aromaterapi, dan 7 subjek Kelompok Ekperimen yang mendapat perlakuan aromaterapi. Kedua kelompok menjalani dua tes: Prauji dan Purnauji. Tes berupa skala stres kerja dengan menggunakan skala Likert, yang mencakup tiga aspek yang mengindikasikan stres kerja: Fisik, Psikis dan Perilaku.

Respon stres kerja diungkap melalui jumlah skor dalam skala stres kerja. Data dianalisis dengan Uji Independent Sample t Test. Hasil hipotesis menggunakan probabilitas 0,05, maka dari hasil pengujian Prauji Kelompok Kontrol dan Kelompok Eksperimen ( $0,514 > 0,05$  dan  $0,802 < 1,771$ ), menunjukkan bahwa kedua kelompok berada pada kondisi yang sama sebelum eksperimen, uji beda dari perbedaan skor prauji dan purnauji Kelompok Kontrol dan Kelompok Eksperimen ( $0,423 > 0,05$  atau  $0,414 < 1,771$ ), menunjukkan tidak ada perbedaan stres kerja yang signifikan. Sehingga diperoleh kesimpulan bahwa aromaterapi tidak efektif menurunkan stres kerja.

## **ABSTRACT**

### **THE EFFECT OF AROMATHERAPY ON WORKERS' JOB STRESS**

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Aromatherapy is the therapeutic use of essential oils extracted from plants, for healing effects on body and mind. The aim of this experiment was to find out the effect of aromatherapy in lessening workers' job stress.

This experimental design was one group pretest-posttest design. Subjects (N=15) divided into 2 groups, containing 8 subjects are The Controlled Group were not exposed to aromatherapy, and 7 subjects are the Experimental Group were exposed to the treatment from aromatherapy. Both of groups underwent two test: Pretest and Posttest. The tests in the form of job stress scale, using Likert Scale, which included three aspects, that job stress indicated through: Physical, Psychological and Behaviour.

The job stress responses were represented by score in the scale. Data were analysed through parametric Statistical Test Independent Sample t Test. The hypothesis result was using probability 0,05, then the hypothesis results of Pretest Control Group and Experiment Group ( $0,514 > 0,05$  or  $0,802 < 1,771$ ) suggests that the two groups were equivalent the beginning of the experiment, the pretest to posttest difference scores between Control Group and Experiment Group compared ( $0,423 > 0,05$  or  $0,414 < 1,771$ ) showed that there were no significant differences in job stress. The results showed that aromatherapy didn't lower the job stress.