

Manajemen Diri untuk Menurunkan Perilaku Tidak Aman Dalam Bekerja pada Pengemudi Bus Trans Jogja

Self Management to Reduce Unsafe Work Behavior on Trans Jogja Bus Drivers

Ika Zenita Ratnaningsih

Rahmat Hidayat*

Fakultas Psikologi, Universitas Gadjah Mada, Yogyakarta 55281

Diterima 1 Mei 2010/Disetujui 30 Mei 2010

Abstract

Unsafe work behavior as one cause of the occupational accidents still have high rates. Self management, one of type behavior based interventions, known as an intervention that is suitable for workers who work in solitary or low supervision working condition. The aim of this study is to determine the effect of self management intervention on reducing unsafe behavior at work. The subjects of this study were 36 male Trans Jogja bus drivers. Subjects were divided into two groups, 19 drivers in the experimental group and 17 drivers in the control group. The experimental group received treatment that contain self management training followed by self monitoring for 2 weeks, whereas the control group didn't receive any treatment. The result of mixed anava indicate that self management intervention doesn't give significant effect to reduce unsafe behavior ($F=0,208$; $p>0,05$)

Keywords : *self-management, unsafe work behavior*

Angka kecelakaan kerja yang terjadi di Indonesia masih terbilang tinggi (Depnakertrans, 2009). Pada kejadian kecelakaan kerja, sekitar 70% sampai 80% penyebabnya adalah kesalahan manusia. Kesalahan tersebut bersumber dari perilaku manusia yang tidak aman dalam bekerja (Winarsunu, 2008).

Perilaku tidak aman dalam bekerja adalah tipe perilaku berisiko, meliputi tindakan kesalahan, kelalaian dan pelanggaran yang mengarah pada kecelakaan dan menimbulkan kerugian baik bagi diri sendiri dan orang lain (Miner, 1992; Lajunen, dkk., 2004; Dalasmar, 2006; Winarsunu, 2008), seperti bekerja tanpa menghiraukan keselamatan, melakukan

* Penulis Korespondensi :
HP. 0813 2866 0234; E-mail : rahmat262@yahoo.com