PROGRAM STUDY S1 ILMU KESEHATAN MASYARAKAT FAKULTAS KESEHATAN & INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Studi Literature Review, Oktober 2025

Mhd. Azrul Azaviq

Analisis Kebisingan Di Lingkungan Kerja Terhadap Pekerja

xii + 54 Halaman + 1 Tabel + 4 Lampiran

ABSTRAK

Kebisingan di lingkungan kerja merupakan salah satu faktor fisik yang paling berpengaruh terhadap kesehatan, kinerja, dan konsentrasi pekerja. Berbagai penelitian internasional menunjukkan bahwa paparan kebisingan yang melebihi ambang batas tidak hanya menimbulkan gangguan pendengaran, tetapi juga berdampak signifikan terhadap stres psikologis, gangguan kognitif, penurunan produktivitas, dan peningkatan risiko kecelakaan kerja. Artikel ini merupakan kajian pustaka (literature review) yang menganalisis 20 jurnal internasional dari tahun 2020–2025, meliputi sektor industri manufaktur, konstruksi, transportasi laut, dan lingkungan perkotaan. Hasil Penelitian lain dari Scientific Reports (2025) dan Frontiers in Public Health (2025) menunjukkan bahwa kebisingan pada pekerja pabrik otomotif dan pelabuhan dapat mencapai 90–100 dB(A), Hasil yang sejalan ditemukan dalam studi Frontiers in Public Health (2025), di mana kebisingan terbukti memengaruhi fungsi kortikal yang mengatur perhatian dan memori kerja. menunjukkan perilaku impulsif, dan mengalami penurunan komunikasi antarindividu (Samardžić & Lakatoš, 2024). Dalam jangka panjang, kondisi ini dapat menurunkan produktivitas perusahaan secara sistemik , Pendekatan ergonomik dan perilaku juga terbukti efektif. Penelitian Journal of Advanced Manufacturing Technology (2024) menunjukkan bahwa pelatihan kesadaran kebisingan (noise awareness training) dapat menurunkan insiden gangguan konsentrasi hingga 18%. Berdasarkan hasil telaah terhadap lebih dari tiga puluh jurnal internasional, dapat disimpulkan bahwa kebisingan lingkungan kerja memiliki dampak yang signifikan terhadap kinerja dan produktivitas pekerja, baik secara langsung maupun melalui mekanisme psikologis dan fisiologis

Kata Kunci : Kebisingan Kerja, Kinerja, Produktivitas, Efektivitas, Konsentrasi
Daftar Pustaka : 20 Referensi(2013-2025)

PROGRAM STUDY S1 PUBLIC HEALTH FACULTY OF HEALTH & INFORMATICS
PAYUNG NEGERI INSTITUTE OF HEALTH, PEKANBARU
Literature Review Study, October 2025

Mhd Azrul Azaviq

Analysis Of Noise In The Work Environment On Workers

xii + 54 Pages + 1 Table + 4 Appendixes

ABSTRACT

Noise in the work environment is one of the physical factors that most affect workers' health, performance, and concentration. Various international studies show that exposure to noise that exceeds the threshold not only causes hearing loss, but also has a significant impact on psychological stress, cognitive impairment, decreased productivity, and an increased risk of work accidents. This article is a literature review that analyzes 20 international journals from 2020–2025, covering the manufacturing industry, construction, marine transportation, and urban environment sectors. Other research results from Scientific Reports (2025) and Frontiers in Public Health (2025) show that noise in automotive and port plant workers can reach 90– 100 dB(A), A corresponding result was found in the Frontiers in Public Health study (2025), where noise was shown to affect cortical functions that regulate attention and working memory. exhibit impulsive behavior, and experience decreased communication between individuals (Samardžić & Lakatoš, 2024). In the long run, this condition can reduce the productivity of the company systemically , ergonomic and behavioral approaches have also proven to be effective. Research from the Journal of Advanced Manufacturing Technology (2024) shows that noise awareness training can reduce the incidence of concentration disorders by up to 18%. Based on the results of a review of more than thirty international journals, it can be concluded that work environment noise has a significant impact on workers' performance and productivity, both directly and through psychological and physiological mechanisms.

Keywords:Work Noise, Performance, Productivity, Effectiveness, Concentration
References: 20 Reference (2013-2025)