

**PENGARUH DISIPLIN KERJA DAN LINGKUNGAN KERJA
TERHADAP K3K KESELAMATAN KESEHATAN KERJA (STUDI
KASUS DI PT. SINAR JEMBAR PRATAMA CILACAP)**

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Abstrak

Penelitian ini bertujuan untuk mengetahui: (1) pengaruh disiplin kerja terhadap keselamatan dan kesehatan kerja di PT. Sinar Jembar Pratama, (2) pengaruh lingkungan kerja terhadap keselamatan dan kesehatan kerja di PT. Sinar Jembar Pratama. Penelitian ini termasuk dalam kategori penelitian kuantitatif. Sampel dalam penelitian ini adalah seluruh karyawan yang berjumlah 50 orang. Teknik pengambilan sampel menggunakan metode sampel jenuh atau total populasi. Data dikumpulkan dengan kuesioner yang telah diuji validitas dan reliabilitasnya. Teknik analisis data yang digunakan adalah regresi berganda. Hasil penelitian pada taraf signifikan 5% menunjukkan bahwa: (1) disiplin kerja berpengaruh positif dan signifikan terhadap keselamatan dan kesehatan kerja dibuktikan dengan koefisien beta (β) sebesar 0,258 dengan $p=0.002$; (2) lingkungan kerja berpengaruh positif dan signifikan terhadap keselamatan dan kesehatan kerja dibuktikan dengan koefisien beta (β) sebesar 0.273 dengan $p=0,018$. Kontribusi pengaruh disiplin kerja dan lingkungan kerja terhadap keselamatan dan kesehatan kerja sebesar (ΔR^2) 23.9%. sisanya 76.1% dijelaskan oleh variabel lain yang tidak diteliti pada penelitian ini.

Kata Kunci: *Disiplin Kerja, Lingkungan Kerja dan Keselamatan Kesehatan Kerja*

THE EFFECT OF WORKING DISCIPLINE AND THE WORKING ENVIRONMENT ON K3K OCCUPATIONAL HEALTH (CASE STUDY AT PT. SINAR JEMBAR PRATAMA CILACAP)

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Abstract

This study aims to determine: (1) the effect of work discipline on occupational safety and health at PT. Sinar Jembar Pratama, (2) the influence of the work environment on occupational safety and health at PT. Sinar Jembar Pratama. This research is included in the category of quantitative research. The sample in this study were all employees totaling 50 people. The sampling technique uses a saturated sample method or the total population. The data were collected using a questionnaire that had been tested for validity and reliability. The data analysis technique used is multiple regression. The results of the study at a significant level of 5% indicate that: (1) work discipline has a positive and significant effect on occupational safety and health as evidenced by the beta coefficient (β) of 0.258 with $p = 0.002$; (2) the work environment has a positive and significant effect on occupational safety and health as evidenced by the beta coefficient (β) of 0.273 with $p = 0.018$. The contribution of the influence of work discipline and work environment on occupational safety and health was (ΔR^2) 23.9%. the remaining 76.1% is explained by other variables not examined in this study.

Keywords: *Work Discipline, Work Environment and Occupational Health Safety*