

**EFEKTIFITAS *SMOOTH JAZZ* TERHADAP PENURUNAN KEBOSANAN
KERJA KARYAWAN KANTOR**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektifitas *smooth jazz* terhadap penurunan kebosanan kerja karyawan kantor. Subjek penelitian ini adalah karyawan kantor PT. Geo Indo Asia sebanyak 10 karyawan yang sudah disesuaikan dengan karakteristik subjek penelitian. Pengumpulan data penelitian menggunakan Skala Kebosanan Kerja (28 aitem valid dengan koefisien reliabilitas 0,929) yang peneliti susun berdasarkan kontrak yang dikemukakan para ahli. Metode analisis yang digunakan adalah analisis non parametrik yaitu *Wilcoxon Signed Ranks*. Hasil penelitian menunjukkan terdapat perbedaan kebosanan kerja pada karyawan sebelum mendengarkan *smooth jazz* dan setelah mendengarkan *smooth jazz* saat bekerja. ($Z = -2,81$ dan $p = 0,005$) dimana kebosanan kerja karyawan setelah mendengarkan *smooth jazz* lebih rendah dibanding sebelum mendengarkan *smooth jazz* (Mean pretest = 70.70 dan Mean posttest 66.30).

Kata Kunci : Kebosanan kerja, *smooth jazz*

THE EFFECTIVENESS OF SMOOTH JAZZ ON DECREASING THE WORKING OFFICE EMPLOYEES

ABSTRACT

This study aims to determine the effectiveness of smooth jazz against the reduction of office employee work boredom. The subject of this research is employees of the PT. Geo Indo Asia as many as 10 employees who have been adjusted to the characteristics of the research subject. The research data collection uses the Employment Boredom Scale (28 valid items with reliability coefficient 0.929) which the researcher compiled based on the constructs expressed by experts. The analytical method used is non-parametric analysis, namely Wilcoxon Signed Ranks. The results of the study showed that there were differences in the boredom of work for employees before listening to smooth jazz and after listening to smooth jazz while working. ($Z = -2.81$ and $p = 0.005$) where employee work boredom after listening to smooth jazz is lower than before listening to smooth jazz (Mean pretest = 70.70 and posttest Mean 66.30).

Keywords: job boredom, smooth jazz