

## SENSE OF HUMOR AND WORK STRESS IN PRODUCTION EMPLOYEES

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### ABSTRACT

Stress as a symptom can attack anyone, anywhere and anytime, such as in the world of work. Stress that occurs in the world of work is commonly called work stress. The sources of work stress are very diverse, can appear at any time and the reactions are also different for each person. Work stress can have positive and negative consequences. The negative impact of work stress can be reduced by developing a sense of humor. Someone who has a high sense of humor tends to think positively and does not easily give up in facing problems so that it can reduce the level of stress felt. The purpose of this study was to test the relationship between sense of humor and work stress in production employees. The population in this study were production employees of a Spring Bed Industry company in Tangerang. The data collection method used the Sense of Humor Scale and the Work Stress Scale of Production Employees. The correlation obtained between the independent variable and the dependent variable was  $r_{xy} = -0.206$  and  $p = 0.032$ . This shows that there is a significant negative relationship between the sense of humor variable and the work stress variable in production employees. This means that the higher the sense of humor, the lower the level of stress in production employees.

**Keywords:** Sense of Humor, Work Stress, Employees.