

The Effect of Using Folk Music Genres on Fatigue Levels and Work Concentration of PT. XYZ

Muhammad Ali Akbar

Lecture at School High Of Tecknologi Wastukencana Purwakarta West Java of Indonesia

Abstract: *The main purpose of this article is to determine whether there is influence from music on the performance of someone when carrying out work. the type of music used in this study is music with the genre of Folk. The same work without music is also carried out as a control. Each subject is given the same amount of work, namely entering data numbers and letters in a report manually, which is handwritten. Each subject is given enough rest every time he finishes carrying out an experiment. All employees with a total of 100 men and women participated in this study. The statistical program is used to analyze the results of the study. From the calculation results, it appears that music with folk genre types significantly affects their performance. Heart rate per minute is lower when subjects listen to folk music while carrying out their work than without listening to music. On the other hand, oxygen consumption does not decrease significantly without music compared to listening to music. Because of this, it would be more beneficial if when doing a job, workers listen to folk music or their favorite songs.*

Keywords: Folk Music Genres, Fatigue, work performance and Work Concentration

1. Preliminary

In general, human resources are one of the basic problems. Each individual has a variety of shortcomings and strengths, each - especially the problem of the level of fatigue and concentration at work. If these conditions cannot be controlled or repaired it will be a big problem that must be faced by any company. In this research, one way to improve these conditions will be conveyed and hope that the results of this research will be applied by companies to create controlled conditions for work.

2. Theory Study

1) What is Folks music?

Folk Music, a genre of music that has been widely mentioned in Indonesian music magazines recently. Folk music means folk music that is full of simplicity and daily life in the song. Indeed, in concocting music itself there are many elements of tradition and culture giving color to the parts of the music, but some musicians only emphasize the value of simplicity. Traditional and contemporary sides in folk music are packaged in various portions, according to needs, thus forming the musical character desired by the artist.

Folk is different from ethnic music (world music). Ethnic music has certain rules (codes of ethics) in playing it, most of these rules are sacred. Folk music is not like that, this music is not bound and free to express the style of music, not infrequently also Folk musicians combine several different ethnic music in one song. After all, Folk is created from the style of ethnic music that is played everyday to entertain themselves, throw away boredom and boredom with makeshift musical instruments.

Analog is a suitable word to describe the nature of Folk music itself. The use of digital musical instruments is very minimized, so when listening to Folk, the sounds of analog instruments feel very thick. Therefore, Folk is often

symbolized by an acoustic guitar, ukulele, accordion, harmonica and others.

Englishman Thomas William (1846) was the first person to use folk terms to draw traditions, superstitions, customs and folklore that developed in the local community of a region, such as by using the words folk song, folk music and folk dance in his writings. But this term is not too developed and only known by a few groups of people. In the 1960s in America the term Folk was again used to touch the American music industry. Until finally in 1987 Bob Dylan won the Grammy Awards in the category of Best Contemporary Folk Recording. Resmilih Folk is the name of one of the musical genres in the international music industry.

Apart from the popularity of Folk music, there are statements that state the style of folk music that varies between geographical locations. The statement is more or less true. Folk is formed from the creativity and local wisdom of a society (civilization). Differences in the landscape and the nature of the environment will affect the taste of a human work. In Balkan they created Folk music from melodious chords of accordion, in Spain they tickled guitars to dry Flamenco dances, and in Turkey developed Arabian Culture Music. If in America there are Bob Dylan and Violeta Parra, in Europe there are Alan Stivell and Pieter Kennedy. Likewise in Africa, Asia, Russia and the northern hemisphere they have their own folk style.

How about Indonesia?? Don't joke, Indonesia is rich. Folk in Indonesia began to be documented since the era of Gordon Tobing in the era of the 1960s, followed by the Star Quartet, Noor Brothers, Prambors, Trio Bimbo and Geronimo. Entering the era of the 70s and 80s, Iwan Falls, Ebiet G. Ade, Franky and Jane and many more appeared. In the 90s, Slank with the nuances of Folk was different from his predecessor, although the Folk band nuances did not appear in all the songs and tended not to be dominant.

In the current era, Folk Music in Indonesia is becoming more colorful. They are Payung Teduh with Keroncong Folk color, Autette And The Poldska Seeking Carnivals with Western Folk Carnival, then there are Float, Early Morning Dialogue, My Friend, Deugalih and Folks, Tiga Pagi, Nada Fiksi, Mr. Sonjaya, Banda Neira, and Afternoon Talk with tropical nuances, and if you ever take a walk at night in the old town area (cottage) in the city of Padang, there are bands (unknown) who often appear playing around the pagoda, it's also Folk, Folk with ethnic Chinese Oriental Folk flavors. Beyond that, there are many more Indonesian Folk Bands that have not been mentioned, please ask Uncle Google for more details. The basic limitations for Folk music itself are unclear, as well as when the public questions about the genre of music from musicians such as Iwan Falls or Ebiat G. Ade, a lot of speculation has emerged regarding it. This is because the music they play has unique characteristics that are not often encountered, making their music difficult to decide on the music genre that is commonly known. That is how Folk is, the nuances and sensations are more like De Javu, so familiar but difficult to recognize. An interesting reason to answer it is that Folk is many times older than the music genre itself, Folk is a parent who has just been named.

2) Fatigue

Fatigue is a condition that has a sign of reducing the capacity a person has to work and reducing performance efficiency, and this is usually accompanied by feelings of fatigue and weakness. Fatigue can be acute and come suddenly or chronic and persist. According to another source of fatigue is a condition in the human body feeling tired naturally, which usually occurs after severe physical or mental training. Fatigue can be acute and come suddenly or chronic and persist. Usually after long exercise, people will definitely feel tired, because the limbs are all moving, the limbs will get sick and do not want to continue the exercise. However, this fatigue will soon be replaced with good health and well-being. Just like the mixture between tiredness and satisfaction that people feel after working hard at work or studying, this fatigue is healthy and natural. Fatigue at the beginning and at the end of pregnancy is also a natural thing, the reason for the increase in hormone activity is one of the causes because of fatigue when the baby's weight in the womb also makes people pregnant. from psychological reasons and can be a symptom of a particular disease. But rarely there is the only symptom of the disease. In undetectable diabetes, sugar levels are usually high and conditions like this can cause fatigue. Uncontrolled diabetes can also cause an increase in blood sugar levels and fatigue. In severe anemia, blood is generally runny, heart and the lungs must strive to supply oxygen and deliver it to all the entire body. A rapid heartbeat in severe anemia may be accompanied by fatigue, feeling anxious, fainting, pale whistle, and shortness of breath.

3) Concentration

Concentration is the focus of attention or mind on something. This concentration is very important in work (and learning) because it can boost your productivity. In other words, by concentrating or focusing, you can complete important tasks effectively and efficiently. It's different if you don't concentrate. You might work on tasks that are not important so you are busy but not meaningful. It is also

possible that you will feel guilty about being unproductive at work or stressful because of the pile of important work.

3. Literature Review

Previously, there were many studies conducted on the influence of music on work performance. So, in an effort to develop this research, a literature study was carried out as one of the tools of applying research methods. Among them are identifying gaps (identifying gaps), avoiding reinventing the wheel, identifying methods that have been done, continuing previous research, and knowing other people whose specialization and research area are the same in this field. Some of the Literature Review are as follows:

- 1) This research was conducted by Santoso, D. S. (2002). Effects of Music on Physical Performance. *Journal of Industrial Engineering*, 4 (1), 1–7. Which contains the influence of three types of music genres, namely: light music, hard rock, and favorite music of each subject
- 2) This research was conducted by Rosanty, R. (2014). The Influence of Mozart Music in Reducing Stress in Students who Are Thesis. *Journal of Educational, Health and Community Psychology*, 3 (2), 71–78. Which contains about the use of Mozart music is effective in reducing stress on students

4. Research Methodology

This research was conducted in the 7th semester of 2018 on December 24, 2018. The place of research was carried out at PT. NISSAN MOTOR INDONESIA. The subjects of this study were employees who worked in the office part of PT. NISSAN MOTOR INDONESIA. The data sources obtained by this study were obtained from informants, namely the manager of PT. NISSAN MOTOR INDONESIA. The technique of data collection is done by direct observation, namely research and observers see and observe directly, then record the behavior and events that occur in the actual situation.

Observation is carried out during the learning process from the initial activity to the final activity. Observation is an instrument that is often found in educational research. The type of data used is a type of secondary data from the results of the literature of previous researchers and primary data resulting from interviews with managers of PT. NISSAN MOTOR INDONESIA.

5. Results and Discussion

In the initial stage researchers observe firsthand how the office process work at PT. NISSAN MOTOR INDONESIA. After that, interview the manager concerned with their activities. After several hours of interviewing, the following information is obtained:

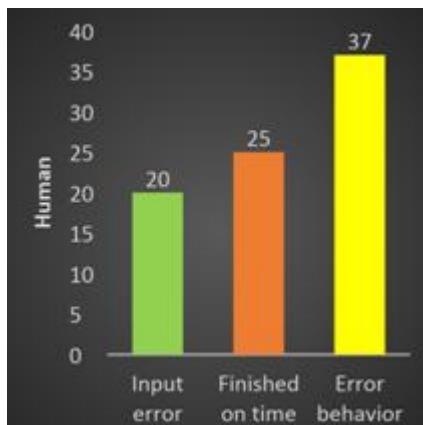
- 1) Employees quickly get sleepy when given a lot of tasks regarding data input.
- 2) Employees quickly experience stress when given a task with the time specified
- 3) Employees quickly lose concentration with conditions to saturation that occur

After finding out the problems that occur, then do a trial by the researchers and the management of PT. NISSAN MOTOR INDONESIA by:

- 1) Gather 100 male and female participants. in this case the employees of PT. NISSAN MOTOR INDONESIA
- 2) Providing the same task that is inputting numbers and letters in the specified time
- 3) Participants are divided into 2 groups, namely:
 - a) groups using Folk genre music.
 - b) groups without using the Folk genre music
- 4) Observing behavior and work results during the observation process
- 5) Make conclusions on the results of the study

From the results of observations carried out by researchers and management of PT. NISSAN MOTOR INDONESIA was known that the Folk music genre was very influential on employee work performance in the PT. This NISSAN MOTOR INDONESIA can be seen from the simplified data below:

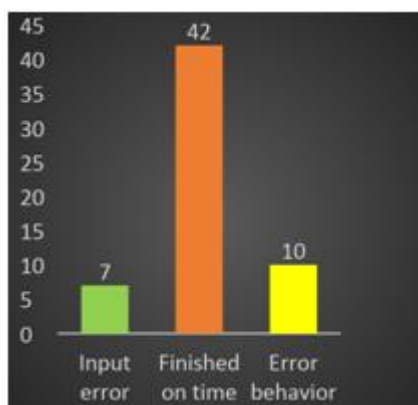
1. Observation data of 50 employees without using folk genre music



From the data above, it can be seen that:

- 1) 40% of employees input wrong
- 2) 60% of employees complete on time
- 3) 74% of employees have error behavior

2. Observation data of 50 employees using folk genre music



From the data above, it can be seen that:

- 1) 14% of employees input wrong
- 2) 84% of employees complete on time
- 3) 20% of employees have error behavior

6. Closing

Based on the results and discussion above, it can be concluded that music with the type of folk genre significantly affects their performance. Heart rate per minute is lower when subjects listen to folk music while carrying out their work than without listening to music. On the other hand, oxygen consumption does not decrease significantly without music compared to listening to music. Because of this, it would be more beneficial if when doing a job, workers listen to folk music or their favorite songs. besides the difference in percentage values in the discussion above shows that the use of music with folk genre or genre is very influential on employee performance performance in the PT. NISSAN MOTOR INDONESIA.

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