Boredom at Work Employees in Radio Sonora Surabaya
Gredha S. Rea & Choi Chul Hadi

Relationship Between Dual Role Conflict (Work Family Conflict) and Employee Job Satisfaction in Production
Section PT. X
Nimas Ayu Putri Laksmi & Choi Chul Hadi

The Effect Between Leader-Member Exchange and Work-Family Conflict to Organizational Citizenship Behavior
Meilani Sandra & Seger Handoyo

The Effect of Country of Origin Reputation on Buyer Trust of Changhong China Electronic Products
Risky Leornni Putri & Fajranti

Penilaian Kualitas Pelayanan Jasa dan Konsumen Bengkel Resmi Sepeda Motor Honda AASS UD Ramayana Motor Surabaya
Adriana Kumiasani & Choi Chul Hadi

The Impact of Perceived Transformation Leadership on Radio Announcer’s Innovative Behavior
Andhika Putra Kresnandita & Fajranti

Work Family Conflict and Coping of Single Mothers
Faradina A. F. & Fajranti

Correlation Between Organizational Commitment and Readiness for Change of Divisi Enterprise Service (DES)’s Employee Telkom Ketintang Surabaya
Ayu Binda Pramadani & Fajranti
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Boredom at work Employees in Radio Sonora Surabaya</td>
<td>57 - 65</td>
</tr>
<tr>
<td>2</td>
<td>Relationship between Dual Role Conflict (Work Family Conflict) and Employee Job Satisfaction in Production section PT.X</td>
<td>66 - 72</td>
</tr>
<tr>
<td>3</td>
<td>The Effect between Leader-Member Exchange and Work-Family Conflict to Organizational Citizenship Behavior</td>
<td>73 - 80</td>
</tr>
<tr>
<td>4</td>
<td>The Effect of Country of Origin Reputation on Buyer Trust of Changhong China Electronic Products</td>
<td>81 - 88</td>
</tr>
<tr>
<td>5</td>
<td>Assessment of Service Quality by Consumers Repair Shop the Official Honda Motorcycles (AHASS) UD. Ramayana Motor Surabaya</td>
<td>89 - 95</td>
</tr>
<tr>
<td>6</td>
<td>The Impact of Perceived Transformational Leadership on Radio Announcer’s Innovative Behavior</td>
<td>96 - 103</td>
</tr>
<tr>
<td>7</td>
<td>Work Family Conflict and Coping of Single Mothers</td>
<td>104 - 111</td>
</tr>
<tr>
<td>8</td>
<td>Correlation Between Organizational Commitment and Readiness for Change of Divisi Enterprise Service (DES)’s employee Telkom Ketintang Surabaya</td>
<td>112 - 119</td>
</tr>
</tbody>
</table>
Boredom at work Employees in Radio Sonora Surabaya

Kebosanan Kerja Pada Karyawan Radio Sonora Surabaya

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Abstract

This study aims to determine cause of the boredom at work and how to overcome the boredom at work that occurs employees in Radio Sonora Surabaya. Boredom is defined as an unpleasant, transient affective state in which the individual feels a pervasive lack of interest in and difficulty concentrating on the current activity and feels that it takes conscious effort to maintain or return attention to that activity. Boredom at work can terms of three indicators proposed by O'Hanlon, namely 1) restlessness, 2) irritability, 3) unable to concentrate. The study was conducted on individuals who work at Radio Sonora Surabaya who filled out questionnaires Boredom Proneness Scale developed by Norman D. Sundberg and Richard F. Farmer. Employees located at P75 will be the subject of this study. Data collection tool in the form of structured interviews using an interview guide that was created earlier. Data analysis was done by describing the results of interviews with verbatim and coding. From the analysis of research data obtained by the cause of boredom at work employees in Radio Sonora Surabaya is a quantitative overload due to the considerable demands of the company, and qualitative overload due to the feeling that the duties and responsibilities have too many. The way in which employees of Radio Sonora Surabaya to overcome boredom is a refreshing work or take annual leave.

Keyword : boredom, at, work, quantitative, overload, qualitative, overload,

Daftar Pustaka :