

ABSTRAK

Penelitian ini bertujuan untuk merancang dan menerapkan program intervensi 5R (Ringkas, Rapi, Resik, Rawat, dan Rajin) dalam budaya Kaizen pada area gudang CV Zakka Garment Sajidah. Penelitian dilakukan karena masih ditemukan berbagai permasalahan pada area gudang, seperti penataan barang yang kurang terorganisir, kebersihan lingkungan kerja yang belum optimal, limbah kain yang berserakan, serta rendahnya kesadaran pekerja dalam menerapkan prinsip 5R. Kondisi tersebut berpotensi menurunkan produktivitas kerja, meningkatkan risiko kecelakaan kerja, serta mengurangi efisiensi operasional perusahaan. Penelitian ini menggunakan metode mixed methods dengan pengumpulan data melalui observasi, wawancara, dokumentasi, dan audit 5R. Program intervensi yang dirancang meliputi tahap persiapan, pengenalan, dan implementasi yang didukung oleh pembentukan tim 5R, sosialisasi, media edukasi, checklist harian, serta audit berkala. Hasil penelitian menunjukkan bahwa penerapan program intervensi 5R mampu meningkatkan kondisi area kerja secara signifikan. Nilai audit 5R yang semula berada pada kategori sangat buruk dengan skor 35%–37% meningkat menjadi kategori baik dengan skor 80%–84% setelah implementasi program. Peningkatan tersebut terlihat pada aspek keteraturan, kebersihan, standarisasi area kerja, serta kedisiplinan pekerja dalam menjaga lingkungan kerja. Program intervensi 5R yang dirancang dapat dijadikan pedoman perbaikan berkelanjutan guna menciptakan lingkungan kerja yang aman, nyaman, dan produktif. Penelitian ini juga mendukung pencapaian Sustainable Development Goals (SDGs), khususnya SDG 8 (Pekerjaan Layak dan Pertumbuhan Ekonomi) melalui peningkatan produktivitas dan keselamatan kerja, SDG 9 (Industri, Inovasi, dan Infrastruktur) melalui penerapan budaya perbaikan berkelanjutan dalam sistem kerja industry.

Kata kunci : 5R, Kaizen, Program Intervensi, Audit 5R, Area Gudang, Industri Konveksi CV Zakka Garment Sajidah

ABSTRACT

This study aims to design and implement a 5R intervention program (Ringkas, Neat, Clean, Maintain, and Diligent) within the Kaizen culture in the warehouse area of CV Zakka Garment Sajidah. The study was conducted because various problems were still found in the warehouse area, such as poorly organized goods arrangement, less than optimal work environment cleanliness, scattered fabric waste, and low worker awareness in implementing the 5R principles. These conditions have the potential to reduce work productivity, increase the risk of work accidents, and reduce the company's operational efficiency. This study used a mixed methods method with data collection through observation, interviews, documentation, and 5R audits. The designed intervention program included the preparation, introduction, and implementation stages supported by the formation of a 5R team, socialization, educational media, daily checklists, and periodic audits. The results showed that the implementation of the 5R intervention program was able to significantly improve the condition of the work area. The 5R audit value which was initially in the very poor category with a score of 35%–37% increased to the good category with a score of 80%–84% after the program implementation. The improvement is seen in the aspects of orderliness, cleanliness, standardization of work areas, and worker discipline in maintaining the work environment. The designed 5R intervention program can be used as a guideline for continuous improvement to create a safe, comfortable, and productive work environment. This research also supports the achievement of Sustainable Development Goals (SDGs), especially SDG 8 (Decent Work and Economic Growth) through increasing productivity and occupational safety, SDG 9 (Industry, Innovation, and Infrastructure) through the implementation of a culture of continuous improvement in industrial work systems,

Keywords: 5R, Kaizen, Intervention Program, 5R Audit, Warehouse Area, CV Zakka Garment Sajidah, Garment Industry