

## ***ABSTRACT***

Work as twist abaka carpet include monoton job or repetition appear bored and stress, that can more if the company isn't give rest time another lunch. The effect will make stress and the performance isn't optimal, absent level, and higher tuirnover. Rest time active give to employee with schedule 60 minutes from time work and 10 minutes day rest and follower music like pop music and dangdut give at 10.00am-11.30am until 14.30pm-16.00pm. Measure of weariness and stress in work get from time process average and questioner of stress in work. And then data processed witht-paired test ( $\alpha=0.05$ ). the result of analysis is know  $H_0$  push away and  $H_1$  accepted. That mean has different score stress level amount 1.44, and also with decrease speed in work score has different score amount 18.742. So in the end of this research get conclusions Rest time active give to employee with schedule 60 minutes from time work and 10 minutes day rest and follower music like pop music and dangdutcan decrease stress level awith percentage until 40% and wearinessin work decrease with see rise up speed working average amount 34%.

Key words: short rest time, follower music, weariness, and stress in work.