

## Hubungan beban kerja dengan stres kerja pada pekerja komputer di kementerian x Jakarta Pusat = The relationship of the workload with work stress on computer workers in x ministry Central Jakarta

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### Abstrak

Angkatan kerja semakin meningkat dari tahun ke tahun di Indonesia. Meningkatnya angkatan kerja berbanding lurus dengan meningkatnya prevalensi penyakit akibat kerja yaitu stres kerja yang memiliki banyak dampak negatif. Penelitian ini bertujuan untuk mengetahui hubungan beban kerja dengan stres kerja pada pekerja komputer di Kementerian X Jakarta Pusat. Metode penelitian menggunakan deskriptif analitik dan desain penelitian menggunakan cross sectional pada 63 responden. Pengumpulan data dilakukan dengan menggunakan kuesioner NASA-TLX dan life event scale. Hasil penelitian ini menunjukkan ada hubungan beban kerja dengan stres kerja pada pekerja komputer di Kementerian X Jakarta Pusat dengan nilai p value yaitu 0,000 p value

.....The work force has increased from year to year in Indonesia. The increasing labor force is directly proportional to the increasing prevalence of diseases caused by work that is work stress has many negative effects. This research aims to know the relationship of the workload with work stress on computer workers in X Ministry, Central Jakarta. Research method use descriptive analytics and research design use cross sectional at 63 respondents. Data collection is done using questionnaires NASA TLX and life event scale. The results of this research show there is a relationship of the workload with work stress on computer workers in X Ministry, Central Jakarta with p value i.e. 0.000 p value 0.05 . The role of the nurse in the form of stress management such as relaxation techniques and adaptive coping needed in X ministry. Accordingly, the results of this study recommend the necessary prevention and treatment of stress on workers to minimize the occurrence of work stress in X Ministry.