

Analisis faktor yang berhubungan dengan stres kerja pada guru SMA Negeri di Jakarta Pusat saat masa pandemi covid-19 tahun 2021 =
Analysis of factors related to work stress among public high school teachers in Jakarta Pusat during covid-19 pandemic in 2021.

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Abstrak

Stres kerja merupakan keadaan dimana terjadi ketidakseimbangan antara tuntutan pekerjaan dengan kemampuan seseorang untuk mengelola tuntutan tersebut sehingga menimbulkan berbagai dampak negatif. Penelitian ini bertujuan untuk menjelaskan faktor – faktor yang berhubungan dengan stres kerja pada guru SMA Negeri di Jakarta Pusat saat masa pandemi COVID-19. Adapun faktor – faktor yang diteliti meliputi faktor karakteristik individu (jenis kelamin, usia, status pernikahan, masa kerja, tingkat pendidikan, tipe kepribadian, jumlah anak) dan faktor psikososial (beban kerja, jadwal kerja, dukungan sosial, kontrol pekerjaan, ambiguitas peran, konflik peran, home-work interface). Penelitian ini menggunakan desain penelitian cross sectional dan pengambilan data dilakukan dengan menyebarkan kuesioner online. Dari 113 orang guru yang berpartisipasi dalam penelitian ini, didapatkan 47,8% guru mengalami stres kerja. Selain itu, terdapat hubungan antara status pernikahan (P value = 0,037), jumlah anak (P value = 0,016), ambiguitas peran (P value = 0,015), dan home-work interface (P value = 0,048) dengan stres kerja.

.....Occupational stress is a situation where there is an imbalance between job demands and workers ability to manage those demands, then it can causing various negative impacts. The aim of this study is to explain factors related to work stress among public high school teachers in Jakarta Pusat during COVID-19 pandemic. Observed factors are individual characteristics (sex, age, marriage status, work period, education level, personality type, number of children) and psychosocial factors (workload, work schedule, social support, control over work, role ambiguity, role conflict, home-work interface). This study design is cross sectional and data collection was carried out by distributing online questionnaires. From 113 teachers participated in this study, it was found that 47,8% of teachers experience occupational stress. Moreover, the result also found a relationship between marriage status (P value = 0,037) and work stress, number of children (P value = 0,016) and work stress, role ambiguity (P value = 0,015) and work stres, home-work interface (P value = 0,048) and work stress.