

# Hubungan Beban Kerja Dan Faktor Risiko Lainnya Terhadap Tingkat Stress Pada Tim Surveilans COVID 19 Puskesmas Di Kota Bogor = Association Of Workload And Risk Factors With Stress Level Among COVID-19 Surveillance Team In Public Health Centers Throughout Bogor City

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## Abstrak

Latar Belakang: Tim Surveilans COVID 19 sebagai garda terdepan dalam pengendalian kasus di wilayah administrasi terendah yaitu di Pusat Kesehatan Masyarakat, rentan mengalami peningkatan stress. Peningkatan stress bisa disebabkan oleh beban kerja dan faktor lainnya. Tujuan penelitian ini adalah untuk mengetahui gambaran dan hubungan beban kerja dan faktor risiko lainnya terhadap tingkat stress Tim Surveilans.

Metode: Desain penelitian ini adalah potong lintang dengan pengambilan sampel total sampling sebanyak 115 anggota dalam Tim Surveilans yang terdiri dari surveillant (ASN) dan tracer (relawan) Puskesmas seKota Bogor. Kuesioner yang digunakan untuk mengukur beban kerja adalah kuesioner NASA TLX dan kuesioner Perceived Stress Scale untuk mengukur tingkat stress. Faktor risiko individu pada penelitian ini, usia, jenis kelamin dan latar belakang pendidikan, sedangkan faktor pekerjaan yaitu masa kerja dan jabatan dalam tim. Pengambilan data secara daring menggunakan Goggle Form.

Hasil: Prevalensi stress 1.7 % stress ringan, stress sedang 49.6% dan stress berat 48.7%. Pada level stress ringan sampai berat didapatkan beban kerja pada Tim Surveilans pada kategori tinggi. Usia 25 tahun dan tim Surveilans berlatar belakang pendidikan non kesehatan memiliki kemungkinan stress lebih rendah (OR= 0.41 CI95%= 0.19-0.88 p= 0,02 dan OR=0.18 CI 95% 0.04-0.77 p=0.016).

Kesimpulan: Tim surveilans COVID 19 memiliki beban kerja tinggi pada semua kategori tingkat stress. Terdapat hubungan yang signifikan antara usia dan latar belakang pendidikan dengan tingkat stress.

.....Background: As front liners in controlling COVID 19 cases in the lowest administrative areas, notably in the Community Health Centers, the COVID 19 Surveillance Team is at high risk to experience stress. Workload and other factors can contribute to stress enhancement levels. This study aims to determine between workload and other factors to the stress level of the Surveillance Team.

Methods: This study applied a cross-sectional research design with a total sampling of 115 respondents from the surveillance team, consisting of surveillants (State Civil Apparatus) and tracers (volunteers) from Public Health Centers throughout Bogor City. This study employed the NASA TLX questionnaire to measure the workload and the Perceived Stress Scale questionnaire to assess stress levels. In addition, individual risk factors in this study covered age, gender, and educational background. Meanwhile, work factors involved years of service and position in the team. The data collection was performed online utilizing Google Form.

Results: Only 1.7% of the Surveillance Team experienced mild stress, while 49.6% experienced moderate stress, and 48.7% experienced severe stress. Across all the levels of stress, the workload of the team surveillance was found to be high. Age 25 years and above as well as non-health educational background were less likely to have stress (OR= 0.41 CI95%= 0.19-0.88 p= 0,02 and OR=0.18 CI95% 0.04-0.77 p=0.016).

Conclusion: The COVID 19 Surveillance Team had a high workload in all categories of stress level. There was a significant correlation of age and educational background with stress levels.