

# Stres kerja dan kecenderungan gejala gangguan mental emosional pada pekerja redaksi harian PT RMM di Jakarta = Work-related stress and the tendency of acquiring symptom of mental emotional disorder on the journalist at publishing company of PT RMM in Jakarta

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## Abstrak

### Latar belakang dan Tujuan

Pekerja redaksi merupakan aset utama bagi suatu perusahaan media cetak. Mereka bekerja dengan deadline yang sangat ketat, etch karena itu mereka harus senantiasa sehat secara fisik, mental dan sosial. Penelitian ini bertujuan untuk mengetahui keberadaan stres kerja dan hubungannya dengan kecenderungan gejala gangguan, mental emosional.

### Metode

Penelitian ini menggunakan disain potong melintang dengan analisis perbandingan internal. Data yang dikumpulkan meliputi karakteristik sosiodemografi responden, karakteristik lingkungan kerja, data pengukuran stres kerja dengan menggunakan kuesioner Survey Diagnostic Stress, data pengukuran kecenderungan gejala gangguan mental emosional dengan Symptom] Check List 90 (SCL-90), serta data pengukuran tingkat kebisingan, pencahayaan, dan suhu kelembaban di lingkungan kerja.

### Hasil

Dari 100 responden didapatkan prevalensi kecenderungan gejala gangguan mental sebesar 58% dengan kecenderungan gejala terbanyak adalah psikolism 36%, somatisasi dari paranoid masing-masing 33%, serta obsesif-konvulsif 29%. Stres kerja bermakna berhubungan dengan kecenderungan gejala gangguan mental emosional melalui stresor pengembangan karma (p 0.00, OR 13.75, CI 3.69-51.11). Jenis stresor kerja yang dominan terhadap stres kerja adalah beban kerja berlebih kuantitatif 83%. Faktor karakteristik yang bermakna berhubungan dengan stres kerja adalah pendidikan pada stresor beban kerja berlebih kuantitatif (p 0.00, OR 0.17, CI 0.05-0.52), masa kerja pada stresor konflik peran (p 0.04, OR 2 72, CI 1.04-7.09), dan olah raga pada stresor tanggung jawab terhadap orang lain (p 0.00, OR 4.66, CI 1.66-13.08). Faktor kebiasaan yang bermakna berhubungan dengan sires kerja adalah merokok pada stresor tanggung jawab terhadap orang lain (p 0.00, OR 4.77, CI 1.37-1L64 ).

### Kesimpulan

Stres kerja mcmpunyai hubungan bermakna dengan kecenderungan gejala gangguan mental emosional melalui stresor pengembangan karir. Pendidikan werupakan faktor protektif terhadap stres kerja pada stresor beban kerja berlebih kuantitatif. Masa kerja pada stresor konflik peran dan olah raga pada stresor tanggung jawab terhadap orang lain berisiko terhadap stres kerja. Responden yang mengalami sires kerja karena stresor tanggung jawab terhadap orang lain berisiko mengkonsumsi rokok empat kali lebih banyak dibanding dengan responden yang tidak stres.

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## Background and Objectives

The journalist is a valuable asset for publishing company. They work with a very strict deadline and that requires them to have a good state of physical, mental, and social health. This research aims to find out the existence of work-related stress and its relationship with the tendency of acquiring symptom of mental emotional disorder.

## Method

This research uses a cross sectional design with internal comparison analysis. The data collected were respondent's characteristic of sociodemography, work environment's characteristic, measurement of work-related stress by using Survey iDisgnostic Stress questionnaire, data of the tendencies of acquiring symptom of mental emotional disorder by using Symptom Check List 90 (SCL-90), and data measurement of noise, lighting, and moisture level within work environment.

## Result

From 100 respondents, it was found that the prevalence of the tendency of acquiring symptom of mental emotional disorder is 58% with tendency of phsycotism 36%, somatisation and paranoid symptoms each of 33%, and obsessive-convulsive 29%. There is significant relationship between work-related stress and the tendency of acquiring symptom of mental emotional disorder on stressor of carrier development (p 0.00, OR 13.75, CI 3.69-51.111) The dominant stressor is role of overload quantitative 83%. The significant characteristic relationship to work-related stress is education on stressor of role of overload quantitative (p 0.00, OR 0.17, CI 0.05-0.52), work period on stressor of role of conflict (p 0.04, OR 2.72, CI 1.04-7.09), and time spent on exercise on stressor of responsibility for people (p 0.00, OR 4.66, CI 1.66-13.0a). Smoking has significant relationship to work-related stress on stressor of responsibility for people (p 0.00, OR 4.77, CI 1.37-11.64).

## Conclusion

Work-related stress has a significant relationship with the tendency of acquiring symptom of mental emotional disorder on stressor of carrier development. Education is a work-related stress protective factor on stressor of role of overload quantitative. Work period on stressor of role of conflict and time spent on exercise on stressor of responsibility for people have a significant relationship to stress at work. Respondent who experiences work-related stress because of stressor of responsibility for people has a greater tendency to smoke four times more than one who does not experience it.