

Strategi Koping Pekerja White Collar Dalam Menghadapi Stres Kerja = Coping Strategy Of White Colar Worker In Dealing With Work Stress

Qonitah Faridah Pranadisti, author

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Abstrak

Studi literatur ini bertujuan untuk menggali studi sebelumnya yang berkaitan dengan strategi koping yang digunakan oleh pekerja white collar dalam menghadapi stres kerja. Pendekatan sistematis dipakai dalam telaah literatur ini. Terdapat empat Database yang dipakai meliputi PubMed, Google Scholar, EBSCO, and Wiley Online Library, melibatkan penggunaan istilah pencarian seperti koping, strategi koping, white collar, pekerja kantor, dan stres. Pencarian dilakukan pada Juni 2020 hingga Juli 2020. Total terdapat 11 artikel yang dimasukkan dalam ulasan dan kemudian dinilai kualitasnya. Hasil penelitian menemukan enam dari penelitian yang dikaji adalah kuantitatif, empat adalah kualitatif, dan 1 dicampur. Tiga strategi koping utama yang digunakan oleh pekerja kerah putih adalah: (1) fokus emosi, (2) fokus masalah, dan (3) penghindaran. Kesimpulan studi yang dikaji menunjukkan bahwa pekerja white collar yang menggunakan strategi koping lebih dari satu dapat menghadapi stres kerja dengan lebih baik.

.....The aim of this literature study was to discover prior studies relating to coping strategies used by white collar worker in order to encounter work stress. A systematic approach was adopted for the literature review. The databases searched included PubMed, Google Scholar, EBSCO, and Wiley Online Library, involving the use of search terms such as coping, strategies coping, white collar, office worker, and stress. The search was conducted in June 2020-July 2020. In total, 11 published papers were included in the review and were subsequently assessed for quality. The result of the study shows six of the reviewed studies were quantitative, four were qualitative, and 1 was mixed. Three major coping strategies used by white collar worker were: (1) emotion-focused, (2) problem-focused, and (3) avoidance. The conclusion of the studies reviewed shows that white collar workers who use more than one coping strategies are better to encounter their work stress.