

## Hubungan antara Perceived Stress dan Perilaku Latihan Fisik pada Tenaga Kesehatan = The Relationship Between Perceived Stress and Exercise Behavior in Healthcare Workers

Chamellia Natasya Brilianti, author

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### Abstrak

Tenaga kesehatan memiliki tuntutan kerja yang berat dan perlu bekerja dalam sistem shift sehingga seringkali memiliki waktu yang terbatas untuk beristirahat. Gaya kerja tersebut membuat tenaga kesehatan rentan mengalami stres. Tuntutan kerja dan stres yang dialami ditemukan membuat tenaga kesehatan seringkali kesulitan untuk menjalankan perilaku sehat di kehidupan sehari-harinya. Penelitian ini bertujuan untuk mengetahui hubungan antara perceived stress dan perilaku latihan fisik pada tenaga kesehatan. Metode penelitian ini adalah kuantitatif korelasional dengan desain penelitian cross sectional. Peneliti mengukur tingkat perceived stress dengan alat ukur Perceived Stress Scale (PSS-14) dan perilaku latihan fisik dengan melihat frekuensi latihan fisik. Partisipan pada penelitian ini terdiri dari 115 tenaga kesehatan yang bekerja di rumah sakit tipe A/B di DKI Jakarta. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang signifikan antara perceived stress dan perilaku latihan fisik pada tenaga kesehatan ( $r_s = 0,316$ ,  $p < 0,01$ ). Dengan kata lain, semakin tinggi tingkat perceived stress tenaga kesehatan, maka semakin rendah frekuensi latihan fisik yang dilakukan.

.....Healthcare workers have heavy work demands and need to work in shifts, so it is not uncommon for them to have limited time to rest. This work style makes healthcare workers susceptible to stress. The work demands and stress experienced by healthcare workers have been found to make it difficult for healthcare workers to engage in healthy behaviors in their daily lives. This study aims to determine the relationship between perceived stress and exercise behavior among healthcare workers. The method used in this study is quantitative correlational with a cross-sectional research design. The researcher measured the level of perceived stress using the Perceived Stress Scale (PSS-14) and exercise behavior by looking at the frequency of exercise in a week. The participants in this study consisted of 115 healthcare workers working in type A/B hospitals in DKI Jakarta. The results of the study showed that there is a significant negative relationship between perceived stress and exercise behavior among healthcare workers ( $r_s = 0.316$ ,  $p < 0.01$ ). In other words, the higher the perceived stress level of healthcare workers, the lower the frequency of exercise they perform.