

Pengaruh Waktu Tempuh Mobilitas Komuter, Persepsi Stres Umum, dan Persepsi Stres Komuter terhadap Kesejahteraan Subjektif pada Pekerja di Jabodetabek = The Effect of Commute Time, Perceived General Stress, and Perceived Commute Stress on Subjective Well-Being among Workers in Jabodetabek

Areta Reswara Mardhiyah, author

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Abstrak

Mobilitas komuter yang lazim dilakukan pekerja Jabodetabek dapat memberikan masalah pada kesejahteraan subjektif. Namun, terdapat inkonsistensi terkait dampak mobilitas komuter terhadap kesejahteraan subjektif pada pekerja. Selain itu, belum banyak studi yang mempelajari pengaruh mobilitas komuter, seperti waktu tempuh dan persepsi stres terhadap kesejahteraan subjektif pada populasi pekerja di Jabodetabek. Oleh karena itu, penelitian ini bertujuan mengetahui pengaruh waktu tempuh komuter, persepsi stres umum, dan persepsi stres komuter terhadap kesejahteraan subjektif pekerja di Jabodetabek. Penelitian melibatkan 114 pekerja berusia 25-49 tahun ($M=30.57$, $SD=7.475$) dan melakukan mobilitas komuter setiap hari. Mayoritas partisipan adalah perempuan yaitu sebanyak 59,6%. Rata-rata waktu tempuh komuter partisipan adalah 72,80 menit per hari. Alat ukur yang digunakan adalah The PERMA-profiler dan Perceived Stress Scale. Hasil penelitian menunjukkan bahwa waktu tempuh komuter, persepsi stres umum, dan persepsi stres komuter secara bersama-sama tidak memiliki pengaruh yang signifikan terhadap kesejahteraan subjektif. Hanya persepsi stres umum yang berpengaruh secara signifikan terhadap kesejahteraan subjektif pekerja di Jabodetabek. Temuan ini menekankan perlunya upaya penurunan persepsi stres oleh pekerja maupun perusahaan untuk meningkatkan kesejahteraan subjektif.

.....The commuter mobility prevalent among Jabodetabek workers can cause problems with subjective well-being. However, there are inconsistencies regarding the impact of commuter mobility on subjective well-being in workers. In addition, not many studies have studied the effect of commuter mobility, such as commuting time and perceived stress on subjective well-being in the working population in Jabodetabek. Therefore, this study aims to determine the effect of commuting time, perceived general stress, and perceived commuter stress on the subjective well-being of workers in Jabodetabek. The study involved 114 workers aged 25-49 years ($M=30.57$, $SD=7.475$) and commuting daily. The majority of participants were female, 59.6%. The average commuting time of participants was 72,80 minutes per day. The measurement tools used were The PERMA-profiler and Perceived Stress Scale. The results showed that commuting time, perceived general stress, and perceived commuter stress together did not have a significant influence on subjective well-being. Only general stress perception has a significant effect on the subjective well-being of workers in Jabodetabek. These findings emphasize the need for efforts to reduce stress perceptions by workers and companies to improve subjective well-being.