

# Keamanan Pekerjaan dan Stres: Korelasi dengan Quiet Quitting = Job Security and Stress: Correlations with Quiet Quitting

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## Abstrak

Quiet quitting merupakan suatu fenomena dimana seseorang melakukan usaha minimum di pekerjaan mereka. Sebelumnya, studi mengenai fenomena quiet quitting hanya menelusuri prevalensi fenomena tersebut di suatu populasi, seperti sensus atau survey data, tetapi tidak menelusuri mengapa quiet quitting terjadi, atau apa yang meningkatkan atau menuruni ada quiet quitting. Skripsi ini akan berusaha untuk menelusuri hubungan antara keamanan pekerjaan dan stres dengan quiet quitting. Pengambilan data dilakukan melalui survei dan partisipan dipilih melalui convenience sampling. Data di analisa menggunakan desain korelasional dan analisis power. Hasil penelitian ini menemukan bahwa keamanan pekerjaan mempunyai korelasi negatif yang signifikan dengan quiet quitting dan stres mempunyai korelasi positif yang signifikan dengan quiet quitting. Dari penemuan tersebut, ada suatu argumen yang bisa dibuat untuk menjembatani kepentingan pekerja dan pemimpin.

..... Quiet quitting is a phenomenon where employees decide to do the bare minimum in their day-to-day workload. Previous studies on quiet quitting focus on the prevalence of quiet quitting but very few examine the relationship between quiet quitting and variables that are typically found in the working world. This study aims to research the relationship job security and stress have with quiet quitting. This study selected (N = 363) participants selected through convenience sampling and collected the data through a larger survey consisting of other potential psychological measure correlates. The data was analysed using a correlational design and a power analysis. The results found that job security had a significant negative correlation with quiet quitting while stress had a significant positive correlation with quiet quitting. These findings could imply a possible reconciliation between employer and employee interests.