

Hubungan Harga Diri dan Quarter-Life Crisis dengan Tingkat Stres Pekerja = The Relationship Between Self-Esteem and Quarter-Life Crisis with Work Stress Levels

Devita Uli Karen, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920566511&lokasi=lokal>

Abstrak

Pekerja muda sering kali rentan mengalami quarter-life crisis, terutama saat menghadapi kesulitan dalam mencapai tugas perkembangan hidupnya. Harga diri rendah dapat menjadi salah satu penyebab munculnya stres kerja pada individu. Penelitian ini bertujuan untuk menganalisis hubungan harga diri dan quarter-life crisis dengan tingkat stres pekerja di Kota Depok. Penelitian ini menggunakan metode kuantitatif deskriptif dengan pendekatan crosssectional, melibatkan 218 pekerja berusia 20 – 30 tahun di Kota Depok sebagai sampel. Instrumen yang digunakan meliputi Rosenberg Self-Esteem Scale untuk menilai harga diri, Quarter Life Crisis Scale untuk mengukur quarter-life crisis, dan Job Stress Scale untuk mengukur stres kerja. Hasil analisis univariat menunjukkan bahwa 80,6% responden memiliki harga diri tinggi, 63,3% mengalami quarter-life crisis sedang, dan 53,6% mengalami stres kerja sedang. Analisis data bivariat menunjukkan bahwa terdapat hubungan signifikan antara harga diri dengan tingkat stres kerja ($p = 0,001$). Selain itu, hasil analisis juga mengungkapkan hubungan signifikan antara quarter-life crisis dengan tingkat stres kerja ($p = 0,001$) di Kota Depok. Penelitian ini merekomendasikan agar perawat dapat melakukan pemeriksaan kesehatan mental dan menyelenggarakan program penyuluhan di lingkungan kerja. Penelitian lanjutan disarankan menambahkan variabel atau karakteristik lain serta lokasi berbeda.

.....Young workers are often prone to experiencing quarter-life crises, especially when facing difficulties in achieving their developmental tasks. Low self-esteem can be one of the factors contributing to job stress. This study aims to analyze the relationship between self-esteem and quarter-life crisis with the level of job stress among workers in Depok City. This research utilized a descriptive quantitative method with a cross-sectional approach, involving 218 workers aged 20-30 years in Depok City as the sample. The instruments used were the Rosenberg Self-Esteem Scale to measure self-esteem, the Quarter-Life Crisis Scale to assess the quarter-life crisis, and the Job Stress Scale to measure job stress. The univariate analysis results showed that 80.6% of respondents had high self-esteem, 63.3% experienced a moderate quarter-life crisis, and 53.6% experienced moderate job stress. Bivariate analysis indicated a significant relationship between self-esteem and job stress ($p = 0.001$). Additionally, the analysis revealed a significant relationship between the quarter-life crisis and job stress levels ($p = 0.001$) in Depok City. This study recommends that healthcare professionals conduct mental health checks and organize counseling programs in the workplace. Further research is suggested to include additional variables or characteristics and be conducted in different locations.