




**JUDUL : ASSESSMENT OF OCCUPATIONAL STRESS ON HEALTH WORKERS IN  
MATERNAL AND INFANT HOSPITALS**

 <b>Peneliti</b>	 <b>Ringkasan Eksekutif</b>
<p>Ketua : Devi Angeliana Kusumaningtiar</p> <p>Anggota : Siti Nuraini</p>	<p>Stress is a distortion of the body and mind caused by changes and demands of life. During the Covid 19 pandemic it was shown that the highest levels of stress occurred in health workers, nurses and teachers. Excessive amounts of stress can have harmful effects on the body, mind and psychology. The purpose of this study was to determine the description of the occurrence of work stress on health workers in the inpatient room at Hospital.</p> <p>Keywords : Stress, Work stress, Occupational, Physical Environment</p> <p>  <b>HKI dan Publikasi</b> </p> <p>Journal of Health Education</p>



 <b>Latar Belakang</b>	 <b>Hasil dan Manfaat</b>
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Occupational safety and health program management is the main program in employee safety and health because it can increase productivity, worker safety and can reduce budgets related to employee safety and health (Veltri et al., 2007). Stress is a common problem in modern life, including work-related stress (ILO, 2016). Job stress is a dangerous physical and emotional response and can occur when the existing job demands exceed the work ability or control possessed by the worker (Alberta G, 2014). Work stress becomes a risk to the health and safety of workers when the work done exceeds the capacity, resources and abilities of the workers for a prolonged period (ILO, 2016). The job factor is a factor that includes the environment and factors from the work itself. Stress is caused by several factors, one of which is job characteristics such as workload, job ambiguity, job uncertainty, work shift, conflict between individuals, lack of control. A preliminary study conducted on health care workers at the same hospital found that health workers often show symptoms of stress and fatigue, and that health workers who do not attend nurses are due to illness. Health workers should have good skills and understanding in the health sector so that they can demonstrate better health practices. Good knowledge and skills will minimize the occurrence of work stress on health workers and health workers will better understand the best service for patients by working sincerely and happily. Based on the results of preliminary studies, there are 60% of health workers experiencing stress which is marked by psychological and physiological changes

Results with the highest proportion were health workers who experienced work stress as many as 24 respondents (57.1%) which were more dominantly influenced by factors of high workload variation of 31 respondents (73.8%). The reaction of each individual in dealing with stress is different. For some individuals it is possible to cope with high job demand but this may not necessarily be the case for other individuals. Physiologically stress refers to the physical or psychological force / force that is applied to a person which causes a response or response. Physiological changes are changes in the body, physical function to support life, seen in terms of the questionnaire related to these changes, many health workers experience complaints such as feeling headaches, feeling stiff and tense muscles, sleep disturbances at night, dry mouth, and often feel dizzy. While psychological changes are changes in mental aspects or activities caused by changes in the body, seen in terms of questionnaire questions related to these changes, many health workers experience complaints such as crying easily, talking less than usual, feeling sad, and feeling that people around don't like it. In measuring work stress, it is not only seen from these 2 aspects, there is one aspect, namely a change in behavior, but this aspect is considered to be 100% unchanged. Based on the results of the questionnaire, there were several respondents who had been smokers before working at this hospital. This does not support work stress due to working in the hospital. According to observations that have been made, there are several officers who experience general physiological changes, namely the onset of headaches.



#### Metode

<p>The study used a cross sectional design, with a sample of 42 health workers. The sampling technique uses total side method with univariate data analysis. Calculation of the average is done by dividing total score by the number of questions related to physiological, psychological and behavioral changes. Univariate analysis was performed to describe the distribution the frequency of each variable consisting of job stress, work factors (physical environment, role conflict, role ambiguity, interpersonal conflict, job uncertainty, lack of control, lack of job opportunities, total workload, workload variations, responsibility towards others, abilities that are not use, mental demands, and work shifts), factors outside of work (activities outside of work), individual factors (age, gender, marital status, tenure and supporting factors (social support). Analysis was performed with the help of data processing software (SPSS). To describe the independent variable and the dependent variable, using a distribution table, frequency and percentage, a table consisting of columns.</p>	
 <p><b>Skema LITABMAS</b></p>	 <p><b>Ucapan terimakasih</b></p>

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