

ABSTRACT

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Study Program : Public Health
Judul : Relationship between workload and work stress on firefighters in the Fire and Rescue Management Office in North Jakarta Administration City 2018

Stress is the result of interaction between one individual and the work environment, where this can threaten and put pressure on physiologically and psychologically. This research was conducted to know the analysis of relationship between workload and work stress on firefighters in the Fire and Rescue Management Office in North Jakarta Administration City 2018. The research samples were 45 firefighters working in the North Jakarta Administrative District Fire and Rescue Service Office of 45 people. When this research was conducted because the results of a preliminary study of 15 officers showed that firefighters had moderate stress levels. This research was conducted with a quantitative method and used a cross sectional approach. Data retrieval is done by the total sampling method. Bivariate analysis was performed by chi-square test. Based on the results of the study, it was found that 73.3% of respondents experienced high stress and 26.7% of respondents experienced moderate stress. There is a relationship between workload and work stress. The researcher suggested that the North Jakarta Administrative District Fire and Rescue Service Office provide guidance in the form of motivation and support, increase the number of firefighters and further optimize community empowerment programs in fire preparedness.

Keyword: Work Stress, Workload
ix+53 pages; 2 pictures; 11 tables
Library: 36 (1992-2018)