

ABSTRAK

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Program Studi : Kesehatan Masyarakat
Judul : Faktor- Faktor yang Berhubungan dengan stres kerja pada pekerja di PT PLN (Persero) UP3 Tanjung Karang Lampung Tahun 2021

Stres kerja adalah rasa tertekan yang dialami karyawan dalam menghadapi pekerjaannya. Dampak pekerja yang mengalami stres kerja yaitu dapat menimbulkan perubahan seperti terlambat masuk kerja, ketidakhadiran pekerja dan sulit membuat keputusan. Berdasarkan survey pendahuluan di PT PLN (Persero) UP3 Tanjung Karang di dapatkan 11 orang (55%) mengalami stres sangat berat, pekerja mengalami stress berat 4 orang 20%, pekerja yang mengalami stress sedang 3 orang 15%, pekerja mengalami stress ringan 1 orang 5% dan pekerja yang tidak mengalami stress terdapat 1 orang 5%. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan stres kerja pada Pekerja di PT PLN (Persero) UP3 Tanjung Karang Lampung Tahun 2021. Penelitian ini menggunakan desain *cross sectional* dengan besar sampel 65 pekerja, teknik pengambilan sampel menggunakan metode *Total sampling* dengan analisis data bivariat menggunakan uji *Chi-square*. Alat ukur yang digunakan menggunakan kuisisioner DASS 21. Penelitian dilakukan bulan Juni 2021. Hasil univariat proporsi tertinggi adalah pekerja dengan tingkat stres *moderate* sebanyak 20 responden (30,8%), umur tua ≥ 35 tahun sebanyak 37 responden (56,9%), shift kerja beresiko (shift malam) sebanyak 36 responden (55,4%), jam kerja tidak normal yaitu ≥ 8 jam sebanyak 36 responden (55,4%). Terdapat hubungan antara umur $p\text{-value} = 0.000$, shift kerja $p\text{-value} = 0.000$, jam kerja $p\text{-value} = 0.000$ dengan stres kerja. Diharapkan PT PLN menganalisa jadwal shift kerja karyawan, serta melakukan rotasi jadwal shift kerja secara berkala dan membuat aplikasi keluhan secara online.

Kata Kunci : Stres kerja, umur, shift kerja dan jam kerja

ABSTRACT

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Title : factors related to work stress on workers at PT PLN (Persero)
UP3 Tanjung Karang Lampung in 2021

Job stress is a feeling of pressure experienced by employees in dealing with their work. The impact of workers who experience work stress is that it can cause changes such as being late for work, absenteeism and difficulty making decisions. Based on a preliminary survey at PT PLN (Persero) UP3 Tanjung Karang, it was found that 11 people (55%) experienced very heavy stress, 4 workers experienced severe stress, 20%, workers experienced moderate stress, 3 people, 15%, workers experienced mild stress, 1 person. 5% and workers who do not experience stress there are 1 person 5%. This study aims to determine the factors related to work stress on workers at PT PLN (Persero) UP3 Tanjung Karang Lampung in 2021. This study used a cross sectional design with a sample size of 65 workers, the sampling technique used the Total sampling method with data analysis. bivariate using Chi-square test. The measuring instrument used is the DASS 21 questionnaire. The study was conducted in June 2021. The highest proportion univariate results were workers with moderate stress levels as many as 20 respondents (30.8%), old age 35 years as many as 37 respondents (56.9%), risky work shift (night shift) as many as 36 respondents (55.4%), abnormal working hours that is 8 hours as many as 36 respondents (55.4%). There is a relationship between age p -value = 0.000, shift work p -value = 0.000, working hours p -value = 0.000 with work stress. It is expected that PT PLN will analyze the employee's work shift schedule, as well as rotate the work shift schedule periodically and make an online complaint application.

Keywords: *work stress, age, work shift and working hours*