

ABSTRAK

Nama : Eka Febriyanti
Program Studi : Kesehatan Masyarakat
Judul Skripsi : Studi Deskriptif Risiko Stres, Kecemasan dan Depresi Pada Tenaga Pendidik Sekolah Dasar Negeri di Kelurahan Kalideres Tahun 2023

Stres kerja adalah perasaan yang dialami tenaga pendidik yang diakibatkan oleh situasi, tindakan, atau peristiwa yang menekan yang berasal dari faktor lingkungan, organisasi, dan individu dalam menghadapi tugas dan tanggung jawabnya di dalam pekerjaan dan berakibat pada fisiologis, psikologis, dan perilaku. Tujuan penelitian ini untuk mengetahui gambaran risiko stres, kecemasan, dan depresi pada tenaga pendidik Sekolah Dasar Negeri di Kelurahan Kalideres tahun 2023. Jenis penelitian kuantitatif yang bersifat deskriptif, sampel penelitian adalah seluruh tenaga pendidik Sekolah Dasar Negeri di Kelurahan Kalideres berjumlah 35 tenaga pendidik, teknik pengambilan sampel menggunakan *Total Sampling*, analisis data menggunakan analisis univariat, serta metode pengumpulan data berupa data primer menggunakan kuesioner *Depression Anxiety Stress Scales (DASS-21)*. Hasil dari 35 tenaga pendidik menunjukkan sebanyak 5 (14,3%) tenaga pendidik mengalami stres normal, 6 (17,1%) tenaga pendidik mengalami stres ringan, 9 (25,7%) tenaga pendidik mengalami stres sedang, 12 (34,3%) tenaga pendidik mengalami stres berat, dan 3 (8,6%) tenaga pendidik mengalami stres sangat berat. Hasil kecemasan menunjukkan sebanyak 3 (8,6%) tenaga pendidik mengalami kecemasan normal, 2 (5,7%) tenaga pendidik mengalami kecemasan ringan, 10 (28,6%) tenaga pendidik mengalami kecemasan berat, dan 20 (57,1%) tenaga pendidik mengalami kecemasan sangat berat. Hasil depresi menunjukkan sebanyak 5 (14,3%) tenaga pendidik mengalami depresi normal, 10 (28,6%) tenaga pendidik mengalami depresi ringan, 9 (25,7%) tenaga pendidik mengalami depresi berat, dan 11 (31,4%) tenaga pendidikan mengalami depresi sangat berat. Sedangkan untuk karakteristik responden diantaranya : 20 tenaga pendidik (57,1%) berusia > 40 tahun, 27 tenaga pendidik (77,1%) memiliki masa kerja > 5 tahun, 28 tenaga pendidik (80%) sudah menikah.

Kata kunci : stres, kecemasan, depresi, umur, masa kerja, status pernikahan

6 BAB, 55 Hal, 9 Tabel, 10 Lampiran

Referensi : 71 (2005-2022)

ABSTRACT

Name : Eka Febriyanti
Program Study : Public Health
Title : *Descriptive studi of the risk of stress, anxiety, and depression in public elementary school educators in Kalideres sub-district in 2023*

Work stress is a feeling experienced by educators caused by stressful situations, actions or events originating from environmental, organizational and individual factors in dealing with their duties and responsibilities at work an resulting in physiological, psychological and behavioral. The purpose of this study was to describe the risk of stress, anxiety, and depression in public elementary school educators in Kalideres sub-district in 2023. This type of research is descriptive quantitative, the research sample was all teaching staff at the public elementary school in Kalideres sub-district, totaling 35 teaching staff, the sampling technique used total sampling, data analysis used univariate analysis, and the data collection method was primary data using the Depression Anxiety Stress Scales questionnaire (DASS-21). The result of 35 teaching staff were 5 (14.3%) educators experiencing normal stress, 6 (17.1%) educators experiencing mild stress, 9 (25.7%) educators experiencing moderate stress, 12 (34.3%) educators experiencing severe stress, and 3 (8.6%) educators experiencing very severe stress. The result of anxiety showed that 3 (8.6%) teaching staff experienced normal anxiety, 2 (5.7%) educators experienced mild anxiety, 10 (28.6%) educators experienced severe anxiety, and 20 (57.1%) educators experienced very severe anxiety. The results of depression showed that 5 (14.3%) educators experienced normal depression, 10 (28.6%) educators experienced mild depression, 9 (25.7%) educators experienced severe depression, and 11 (31.4%) educators experienced severe depression. As for the characteristics of the respondents, they include: 20 educators (57.1%) aged > 40 years, 27 educators (77.1%) have worked for > 5 years, 28 educators (80%) are married.

Keywords: *stress, anxiety, depression, aged, length of work, marital status*

6 CHAPTER, 55 Pages, 9 Tables, 10 Appendix

Reference : 71 (2005-2022)