HUBUNGAN KARAKTERISTIK GURU DAN TINGKAT STRESS DENGAN GANGGUAN *SOMATOFORM* PADA GURU SMKN 16 JAKARTA PADA MASA COVID-19 TAHUN 2021

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Abstrak

Gangguan somatoform adalah stres fisik, yang melibatkan satu atau lebih gejala fisik yang disertai dengan lamanya waktu, emosi, dan/atau perilaku yang berlebihan terkait dengan gejala yang menyebabkan gangguan atau disfungsi yang signifikan, gejala fisik tersebut dapat atau tidak dapat didefinisikan melalui suatu kondisi medis yang pasti. Guru pada masa pandemi merupakan salah satu kelompok rentan terhadap stress, yang dapat memicu gejala gangguan somatoform. Penelitian bertujuan untuk melihat hubungan anatara karakteristik guru dan tingkat stres dengan gangguan somatoform. Penelitian bersifat kuantitatif analitik dengan desain *cross-sectional*. Variabel yang diteliti yakni usia, jenis kelamin, masa kerja, beban kerja, tingkat stress, dan gangguan somatoform. Teknik sampling menggunakan *total sampling* dengan jumlah sampel penelitian 34. Penelitian menggunakan *Perceived Stress Scale-10 item* (PSS-10), *Patient Health Questionnaire* (PHQ-15) *Somatic Symptom Severity Scale*, dan NIOSH *Generic Job Stress Questionaire* dalam pengambilan data. Penelitian dilakukan secara daring, menggunakan *google form*. Analisis data menggunakan uji *chi-square*. Hasil penelitian menunjukkan tingkat stres berhubungan bermakna dengan gangguan somatoform (p= 0,001, OR= 30,333, 95% CI: 3,205-287,097). Saran bagi guru dan SMKN 16 yaitu penjadwalan guru yang akan ditugaskan mengikuti pelatihan, pertemuan bersama pihak pimpinan, serta menciptakan kondisi kerja yang damai dan menyenangkan.

Kata kunci: gangguan somatik, *somatic symptom disorder,* pengajar, pendidik

ASSOCIATION BETWEEN TEACHERS' CHARACTERISTICS AND STRESS LEVEL WITH SOMATOFORM DISORDER AMONG TEACHERS OF SMKN 16 JAKARTA DURING COVID-19 IN 2021

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Abstract

Somatoform disorder is physical stress, which involves one or more physical symptoms accompanied by an excessive amount of time, emotion, and/or behavior causing significant impairment, where the physical symptoms may or may not be defined by a medical condition. Teachers are one of the groups that vulnerable to stress during the pandemic, which can trigger symptoms of somatoform disorders. The aim of the study was to examine the association between teachers' characteristics and stress levels with somatoform disorders. The study used quantitative analytic approach with cross-sectional design. The variables studied were age, gender, years of service, workload, stress levels, and somatoform disorders. The sampling technique used was total sampling with 34 teachers as respondents. The study used the Perceived Stress Scale-10 items (PSS-10), Patient Health Questionnaire (PHQ-15) Somatic Symptom Severity Scale, and NIOSH Generic Job Stress Questionnaire in data collection. This study was conducted online using google form. Data analysis using chi-square test. The results showed that stress levels were significantly associated with somatoform disorders (p= 0.001, OR= 30,333, 95% CI: 3,205-287,097). Suggestions for teachers and SMKN 16 Jakarta to schedule teachers who are assigned to attend training, to arrange meeting with the leadership, and to keep workplace buoyancy.

Keywords: somatic disorders, somatic symptom disorder, educator