

# HUBUNGAN KETANGGUHAN PSIKOLOGI TERHADAP STRES KERJA PADA STAF PENGAJAR DI BIMBINGAN BELAJAR X TAHUN 2024

Indah Kusuma Wardani

## Abstrak

Stres dalam bekerja merupakan hal yang sering terjadi dan dapat dipicu oleh tuntutan keterlibatan dalam dunia kerja. Ketangguhan psikologi dapat menjadi penyangga yang membantu seseorang dalam mempertahankan tingkat keterlibatan kerja meskipun mengalami stres kerja terkait tuntutan kehidupan kerja yang tidak seimbang. Penelitian ini bertujuan untuk mengetahui hubungan antara ketangguhan psikologi terhadap stres kerja di Bimbingan Belajar X. Penelitian ini merupakan penelitian kuantitatif menggunakan *cross sectional* dengan analisis chi-square dan cox regresi dengan total sampel 98 orang. Penelitian dilakukan pada bulan April-Juni 2024. Instrumen penelitian menggunakan kuesioner *The Workplace Stress Scale (WSS)*, *Work Life Balance Fisher, Bulger, dan Smith*, *Multidimensional Scale of Perceived Social Support (MSPSS)*, dan *Nicholson McBride Resilience Questionnaire (NMRQ)*. Hasil penelitian menunjukkan bahwa 48,98% staf pengajar mengalami stres kerja. Terdapat hubungan antara ketangguhan psikologi terhadap stres kerja (PR=2,38). Terdapat confounding yaitu status kepegawaian (PR=0,46) dan work life balance (PR=1,50). Kesimpulan yang didapatkan adalah staf pengajar dengan ketangguhan psikologi rendah berisiko mengalami stres kerja.

**Kata Kunci :** stres kerja, ketangguhan psikologi, staf pengajar

# **THE RELATIONSHIP OF PSYCHOLOGICAL RESILIENCE TO OCCUPATIONAL STRESS IN TEACHING STAFF AT COURSE X 2024**

**Indah Kusuma Wardani**

## **Abstract**

Stress in the workplace is a common occurrence and can be triggered by the demands of involvement in the professional world. Psychological resilience can serve as a buffer that helps individuals maintain their level of work engagement despite experiencing work related stress due to an imbalanced work-life. This study aims to examine the relationship between psychological resilience in relation to occupational stress at Course X. This study is a quantitative research using cross sectional with chi square and cox regression analysis, with a total sample of 98 participants. The research was conducted in April – June 2024. The research instrument used The Workplace Stress Scale (WSS), Work Life Balance Fisher, Bulger, dan Smith, Multidimensional Scale of Perceived Social Support (MSPSS), dan Nicholson McBride Resilience Questionnaire (NMRQ). The results of study show that 48,98% of teaching staff experience occupational stress. There is a relationship between psychological resilience and occupational stress (PR=2,38). There are confounding factors, namely employment status (PR=0,46) and work life balance (PR=1,50). The conclusion drawn is that teaching staff with low psychological resilience are at risk of experiencing occupational stress.

Keyword : occupational stress, psychological resilience, teaching staff