

FAKULTAS KEDOKTERAN

UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

Skripsi, Desember 2025

Irene Alicia Sitanggang, 2010211093

**Hubungan Antara Tingkat Stres Pegawai Dengan Kinerja Pegawai Rektorat
Di Universitas Pembangunan Nasional ”Veteran” Jakarta**

(xi + 54 halaman, 10 tabel, 9 lampiran)

ABSTRAK

Stres memiliki hubungan yang dapat mempengaruhi kinerja. Penyebab terjadinya stres dapat berbagai macam. Stres terbagi menjadi dua macam, *eustres* dan *distres*. Penelitian ini bertujuan menganalisis hubungan antara tingkat stres pegawai dan kinerja pegawai Rektorat Universitas Pembangunan Nasional “Veteran” Jakarta. Penelitian menggunakan desain kuantitatif korelasional dengan sampel sebanyak 68 pegawai. Hasil uji korelasi Pearson menunjukkan bahwa depresi berhubungan negatif signifikan dengan kinerja ($r = -0,444$; $p = 0,000$), kecemasan berhubungan negatif signifikan dengan kinerja ($r = -0,289$; $p = 0,017$), dan tingkat stres secara keseluruhan juga berhubungan negatif signifikan dengan kinerja pegawai ($r = -0,407$; $p = 0,001$). Temuan ini menunjukkan bahwa peningkatan komponen stres psikologis berkaitan dengan penurunan kinerja pegawai.

Kata kunci: tingkat stres, kinerja, pegawai

FACULTY OF MEDICINE

UNIVERSITY PEMBANGUNAN NASIONAL "VETERAN" JAKARTA

Undergraduate Thesis, December 2025

Irene Alicia Sitanggang, 2010211093

The Relationship Between Employee Stress Level and Rectorate Employee Performance at the Universitas Pembangunan Nasional "Veteran" Jakarta

(xi + 54 pages, 10 table, 9 appendices)

ABSTRACT

Stress has a relationship that can affect performance. The causes of stress can be varied. Stress is divided into two types, stress and distress. This study aims to analyze the relationship between employee stress levels and employee performance of the Rectorate of the National Development University "Veteran" Jakarta. The study used a correlational quantitative design with a sample of 68 employees. The results of the Pearson correlation test showed that depression was significantly negatively associated with performance ($r = -0.444$; $p = 0.000$), anxiety was significantly negatively associated with performance ($r = -0.289$; $p = 0.017$), and overall stress levels were also significantly negatively associated with employee performance ($r = -0.407$; $p = 0.001$). These findings suggest that an increase in the psychological stress component is related to a decrease in employee performance.

Keyword: stress level, performance, employees