

FAKTOR-FAKTOR YANG MEMPENGARUHI KEJADIAN STRESS PADA TENAGA BANTUAN KKP KELAS I SOEKARNO-HATTA

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Abstrak

Stres dapat terjadi pada siapa saja, salah satunya adalah pekerja. Tenaga Bantuan Kantor Kesehatan Pelabuhan yang mengawasi COVID-19 merupakan pekerja yang rentan mengalami stres karena beban kerja dan kelelahan. Tujuan penelitian untuk mengetahui faktor-faktor yang mempengaruhi kejadian stress pada tenaga bantuan Kantor Kesehatan Pelabuhan Kelas 1 Soekarno-Hatta. Penelitian ini bersifat analitik dan menggunakan desain studi cross-sectional. Populasi penelitian adalah 90 tenaga bantuan KKP Kelas I Soekarno-Hatta. Sampel penelitian adalah 74 Tenaga Bantuan KKP Kelas I Soekarno-Hatta yang diambil menggunakan teknik purposive sampling. Variabel independen yang diteliti yaitu faktor internal (umur, jenis kelamin, pendidikan, status pernikahan, lama kerja, motivasi, kelelahan, dan kondisi fisik) dan faktor eksternal (beban kerja dan penggunaan APD). Pengumpulan data menggunakan kuesioner online Google Form. Hasil analisis multivariat didapatkan motivasi kerja (OR = 7,32; 95% CI:1,46–36,56), kelelahan (OR = 6,68; 95%CI:1,95–22,88), dan beban kerja (OR = 7,33; 95%CI:1,79–29,95) merupakan faktor-faktor yang mempengaruhi kejadian stress pada Tenaga Bantuan KKP Kelas I Soekarno-Hatta. Disarankan KKP Kelas I Soekarno-Hatta dapat meninjau kembali hal-hal yang menimbulkan tenaga bantuan kelelahan dan beban kerja yang diberikan.

Kata Kunci: Faktor, Stress, Tenaga Bantuan KKP, COVID-19

FACTORS THAT INFLUENCE THE INCIDENCE OF STRESS IN SOEKARNO-HATTA CLASS I PORT HEALTH OFFICE AID WORKERS

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Abstract

Stress can happen to anyone, one of whom was a worker. Port Health Office Aid Workers who supervised COVID-19 were workers who were vulnerable to stress due to workload and fatigue. The purpose of the study was to find out the factors that influenced the incidence of stress in the aid workers of the Soekarno-Hatta Class 1 Port Health Office. This research was analytical and used cross-sectional study design. The research population was 90 Soekarno-Hatta Class 1 Port Health Office Aid Workers. The research sample was 74 Soekarno-Hatta Class I Port Health Office Aid Workers taken using purposive sampling techniques. Independent variables studied were internal factors (age, gender, education, marital status, length of work, motivation, fatigue, and physical condition) and external factors (workload and use of PPE). Data collection using Google Form online questionnaires. The results of multivariate analysis obtained work motivation (OR = 7.32; 95% CI: 1.46–36.56), fatigue (OR = 6.68; 95% CI: 1.95–22.88), and workload (OR = 7.33; 95% CI: 1.79–29.95) were factors that influenced stress events in Soekarno-Hatta's Class I Port Health Office Aid Workers. It was recommended that Soekarno-Hatta Class I Port Health Office can reviewed matters that caused fatigue aid workers and workloads provided.

Keywords: Factors, Stress, Port Health Office Aid Workers, COVID-19