

STRES KERJA DAN *SUBJECTIVE WELL BEING* PADA MAHASISWA PENDIDIKAN DOKTER SPESIALIS

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ABSTRAK

Setiap orang ingin memiliki kehidupan yang baik yang dipengaruhi oleh bagaimana individu menilai layak atau tidak kehidupannya. Penilaian tersebut sering diungkapkan dengan istilah *subjective well being*. Tujuan penelitian ini adalah untuk mengetahui hubungan antara stres kerja dengan *subjective well being* pada dokter mahasiswa pendidikan dokter spesialis. Skala yang digunakan untuk mengukur *subjective well being* adalah *Positive And Negative Affect Schedule* (PANAS) dan *Satisfaction With Life Scale* (SWLS), sedangkan pengukuran stres kerja menggunakan skala *General Work Stress Scale* (GWSS). Penelitian ini melibatkan 61 subjek mahasiswa pendidikan dokter spesialis di sebuah Universitas di Yogyakarta dan sedang bertugas di rumah sakit X. Hasil analisis regresi sederhana menunjukkan bahwa terdapat hubungan yang signifikan antara stres kerja dan *subjective well being* ($p=0,000$) dengan sumbangan efektif sebesar 28%. Berdasarkan analisis tambahan yang menguji perbedaan tingkat *subjective well being* ditinjau dari jenis kelamin, status pernikahan, dan tingkat residensi ditemukan bahwa tidak perbedaan yang signifikan.

Kata kunci: *subjective well being*, stres kerja, dokter residen

***WORK STRESS AND SUBJECTIVE WELL BEING AMONG SPECIALIST
PROGRAM STUDENTS***

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ABSTRACT

Everyone would want to have a good life that is influenced by how the individual assesses his life to be worthy or not. The assessment is often expressed in terms of subjective well being. The purpose of this study was to determine the relationship between work stress with subjective well-being in a resident doctor in specialist program students. The scale used to measure subjective well-being is Positive And Negative Affect Schedule (PANAS) and Satisfaction With Life Scale (SWLS) and work stress will be measured with General Work Stress Scale (GWSS). This study involves 61 subjects of specialist program students in a University in Yogyakarta who be on duty in X Hospital. The result of simple regression analysis shows that there is a significant relationship between work stress and subjective well being ($p = 0,000$) with effective contribution of 28%. Based on additional analyzes that examined the difference in subjective well being levels in terms of sex, marital status, and residency levels it was found that no significant difference.

Keywords: *subjective well being, work stress, resident doctor*