

HUBUNGAN KARAKTERISTIK PEKERJA DAN AKTIVITAS FISIK DENGAN STRES KERJA PADA TENAGA KEPENDIDIKAN UNIVERSITAS GADJAH MADA

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ABSTRAK

Latar Belakang: Pekerja memiliki risiko terpapar berbagai bahaya baik fisik maupun mental yang dapat menyebabkan munculnya stres kerja. Stres kerja dapat berpengaruh pada kesehatan pekerja, penurunan produktivitas pekerja, hingga menurunkan kinerja satu institusi secara keseluruhan. Penelitian yang membahas faktor-faktor yang berhubungan dengan stres kerja diperlukan untuk mendukung upaya pencegahan dan penanganan stres kerja secara efektif dan efisien.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan karakteristik pekerja dan aktivitas fisik dengan stres kerja pada tenaga kependidikan di Universitas Gadjah Mada (UGM).

Metode: Penelitian ini menggunakan metode observasional analitik dengan jenis rancangan *cross sectional* dengan subjek penelitian 110 tenaga kependidikan di UGM dengan metode *proportionate random sampling* yang berasal dari lima fakultas. Pengambilan data dilakukan pada bulan Oktober 2024 secara luring di area kampus UGM melalui pengisian kuesioner *google-form* secara online. Analisis data yang dilakukan yaitu analisis univariat dan bivariat. Analisis bivariat menggunakan uji *Chi-square* dengan aplikasi statistik SPSS untuk mengetahui hubungan antara dua variabel dengan nilai signifikansi $p < 0,05$.

Hasil Penelitian: Sebanyak 41,8% subjek tergolong tidak ada stres kerja dan 42,7% memiliki stres kerja ringan. Sebanyak 40,0% subjek tergolong dalam kelompok usia paruh baya (36-44 tahun), 73,6% subjek memiliki masa kerja lama (>10 tahun), 60,9% subjek berjenis kelamin perempuan, 89,1% subjek sudah menikah, 78,2% subjek memiliki beban kerja sedang, serta 58,7% subjek memiliki tingkat aktivitas fisik sedang. Terdapat hubungan antara variabel beban kerja ($p=0,021$) dan aktivitas fisik ($p=0,032$) dengan stres kerja pada tenaga kependidikan UGM. Usia, masa kerja, jenis kelamin, dan status pernikahan tidak berhubungan dengan stres kerja pada tenaga kependidikan UGM.

Kesimpulan: Terdapat hubungan antara beban kerja dan aktivitas fisik terhadap stres kerja pada tenaga kependidikan UGM.

Kata kunci: karakteristik pekerja; beban kerja; aktivitas fisik; stres kerja; tenaga kependidikan

THE ASSOCIATION BETWEEN WORKER'S CHARACTERISTICS AND PHYSICAL ACTIVITY WITH WORK-RELATED STRESS OF EMPLOYEES IN UNIVERSITAS GADJAH MADA

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ABSTRACT

Background: Workers are exposed to various physical and psychological hazards that may contribute to increased work-related stress. Work-related stress can have adverse effects on employees' health, decrease productivity, and impact the overall performance of a company. Thus, further study is needed to discuss the factors that may be associated with work-related stress also to support the effective and efficient strategies for its prevention and management.

Objective: This research was conducted to determine the relationship between worker's characteristics and physical activity with work-related stress among employees in Universitas Gadjah Mada (UGM).

Methods: This research is an observational analytical study with a cross-sectional study design involving 110 employees in UGM. The sampling technique used was proportionate random sampling across five faculties. Data was collected in October 2024 through an offline survey using an online Google Form questionnaire. Data analysis includes univariate and bivariate. Bivariate analysis uses the Chi-square through SPSS statistical software to assess the relationship between two variables with a significance value of $p < 0,05$.

Results: Descriptive analysis showed that 41,8% respondents experienced no work-related stress and 42,7% had low work-related stress, 40,0% were middle aged (36-44 years old), 73,6% had long work tenure (>10 years.), 60,9% female, 89,1% married, 78,2% had a moderate workload, and 58,7% had moderate physical activity. A significant correlation was found between workload ($p=0,021$) and physical activity ($p=0,032$) with work-related stress among employees in UGM. However, age, work tenure, gender, and marital status were not significantly associated with work-related stress.

Conclusions: Workload and physical activity are associated with work-related stress of employees in UGM.

Keywords: worker's characteristics; workload; physical activity; work-related stress; academic employee