

HUBUNGAN ANTARA *WORK-LIFE BALANCE* DENGAN STRES KERJA PADA TENAGA KESEHATAN RSUD LATEMMAMALA SOPPING DI MASA PANDEMI COVID-19

Diah Isma Pitaloka
Tabah Aris Nurjaman

Program Studi Psikologi
Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
Email: diahismaptlka@gmail.com

ABSTRAK

Sejak di umulkannya covid-19 sebagai pandemi oleh organisasi kesehatan dunia, tenaga kesehatan memiliki peran yang signifikan terhadap penanganan kasus covid-19. Dalam hal ini, tenaga kesehatan sebagai garda terdepan dalam penanganan kasus covid-19 menghabiskan waktu yang dimiliki untuk bekerja sehingga tidak memiliki waktu untuk kehidupan pribadi dan rentan mengalami stres kerja. Penelitian ini bertujuan untuk mengetahui hubungan antara work-life balance dengan stres kerja pada tenaga kesehatan RSUD Latemmamala Soppeng di masa pandemi covid-19. Subjek dalam penelitian ini berjumlah 102 tenaga kesehatan yang bekerja di RSUD Latemmamala Soppeng. Pengambilan sampel dilakukan dengan teknik purposive sampling. Metode yang digunakan adalah metode penelitian kuantitatif dengan menggunakan skala likert. Teknik pengumpulan data dilakukan dengan penyebaran skala work-life balance berdasarkan aspek-aspek dari Fisher, Bulger, dan Smith (2009) dan skala stres kerja berdasarkan aspek-aspek dari Cohen, Kamarck, & Mermelstein (1983). Teknik analisis data menggunakan uji Korelasi Product Moment. Hasil penelitian menunjukkan nilai signifikansi sebesar 0.046 ($p < 0.05$), artinya ada hubungan antara work-life balance dengan stres kerja pada tenaga kesehatan RSUD Latemmamala Soppeng di masa pandemi covid-19 dengan sumbangan efektif sebesar 19.5%.

Kata kunci: Covid-19, Stres Kerja, Tenaga Kesehatan, Work-Life Balance

RELATIONSHIP BETWEEN WORK-LIFE BALANCE WITH WORK STRESS IN HEALTH WORKERS AT LATEMMAMALA SOPPENG HOSPITAL DURING THE COVID-19 PANDEMIC

Diah Isma Pitaloka
Tabah Aris Nurjaman

Psychology Department
Faculty of Business & Humanities
University of Technology Yogyakarta
Email: diahismaptlka@gmail.com

ABSTRACT

Since the announcement of covid-19 as a pandemic by the World Health Organization, health workers have a significant role in handling covid-19 cases. In this case, health workers as the frontline in handling covid-19 cases spend their time working so that they do not have time for personal life and are prone to experiencing work stress. This study aims to determine the relationship between work-life balance and work stress in health workers at Latemmamala Soppeng Hospital during the covid-19 pandemic. The subjects in this study amounted to 102 health workers who worked at Latemmamala Soppeng Hospital. Sampling was done with purposive sampling technique. The method used is quantitative research method using Likert scale. Data collection techniques were carried out by distributing work-life balance scale based on aspects from Fisher, Bulger, and Smith (2009) and work stress scale based on aspects from Cohen, Kamarck, & Mermelstein (1983). The data analysis technique used Product Moment correlation. The results showed a significance value of 0.046 ($p < 0.05$), meaning that there is a relationship between work-life balance and work stress in health workers at Latemmamala Soppeng Hospital during the covid-19 pandemic with an effective contribution of 19.5%.

Keywords: Covid-19, Work Stress, Health Workers, Work-Life Balance