

## Faktor-Faktor Yang Berhubungan Dengan Stres Kerja Pada Karyawan Pusat Administrasi Universitas Indonesia Tahun 2013 = Factors Of Work Stress Of Employee In Administration Center Universitas Indonesia In 2013

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### Abstrak

Penelitian ini bertujuan untuk menganalisis tingkat stres dan faktor-faktor konten pekerjaan dan konteks pekerjaan yang berhubungan dengan stress kerja pada karyawan Pusat Administrasi Universitas Indonesia. Penelitian dilakukan pada Juni 2013 dengan desain penelitian cross sectional. Penelitian melibatkan 100 responden yang bekerja di PAUI. Hasil penelitian menunjukkan bahwa 28% responden mengalami stres berat, 31% stres sedang dan 41% stres ringan. Hasil analisis chi square menunjukkan bahwa faktor konten pekerjaan yang berhubungan dengan stress karyawan adalah beban kerja dan karya desain ( $p < 0,05$ ), sedangkan secara signifikan faktor konteks pekerjaan yang berhubungan dengan stress karyawan adalah hubungan interpersonal. Tidak ada hubungan antara stres kerja dengan faktor konteks pekerjaan lain yang diteliti, yaitu lingkungan fisik kerja, gaji dan pengembangan karir ( $p > 0,05$ ).

.....This study aims to analyze the level of stress and the relationship between stress and job content and job context factors in employees Administration Center Universitas Indonesia. The study was conducted in June 2013 with cross sectional study design. There are 100 respondents who work in PAUI. The results show that 28% of respondents experiencing high stress, 31% middle stress and 41% low stress. Results of chi square analysis show that job content factors related to stress employees are work load and work design ( $p < 0.05$ ), whereas significantly job content factor related to stress is interpersonal relationship. There is no relation between stress employee and others job context factors, those are physical work environment, salary and career development ( $p > 0.05$ ).;This study aims to analyze the level of stress and the relationship between stress and job content and job context factors in employees Administration Center Universitas Indonesia. The study was conducted in June 2013 with cross sectional study design. There are 100 respondents who work in PAUI. The results show that 28% of respondents experiencing high stress, 31% middle stress and 41% low stress. Results of chi square analysis show that job content factors related to stress employees are work load and work design ( $p < 0.05$ ), whereas significantly job content factor related to stress is interpersonal relationship. There is no relation between stress employee and others job context factors, those are physical work environment, salary and career development ( $p > 0.05$ ).