

## ABSTRAK

**Sunu Wijianto, 110710207, Stres Kerja Pada Pekerja Di Indonesia, Skripsi, Fakultas Psikologi Universitas Airlangga Surabaya, 2014.**

xvi + 65 Halaman, 4 lampiran

*Penelitian ini dilakukan dengan tujuan untuk mengetahui gambaran stres kerja pada pekerja di Indonesia. Stres kerja adalah hasil interaksi yang muncul antara tuntutan psikologi pada suatu pekerjaan dengan kontrol terhadap pekerjaan dan dukungan sosial di tempat kerja, dimana tuntutan psikologi pada pekerjaan tinggi, kontrol terhadap pekerjaan rendah dan dukungan sosial di tempat kerja rendah (Karasek 1979, dalam Sulsky & Smith, 2005).*

*Penelitian ini dilakukan pada pekerja di Indonesia dengan jumlah subjek penelitian sebanyak 207 orang dengan menggunakan teknik sampling purposive yang terdiri dari 120 subjek laki-laki dan 87 wanita. Alat pengumpul data berupa kuesioner stres kerja yang terdiri dari 17 butir aitem, Analisis data dilakukan dengan teknik statistik descriptive dengan bantuan software IBM SPSS Statistics 20.*

*Dari hasil analisis data penelitian diperoleh hasil 41,06% subjek mengalami tingkat stres kerja sedang, 26,57% rendah, 22,22% tinggi, 5,78% sangat tinggi, dan sisanya 4,35% termasuk tingkat stres sangat rendah. Sebanyak 76 pekerja termasuk dalam karakteristik pekerjaan low strain job (low demand, high control).*

**Kata kunci:** *stres kerja, pekerja*

*DaftarPustaka, 35 (1995-2014)*

## ABSTRACT

### ABSTRACT

**Sunu Wijianto, 110710207, Job Stress of Workers In Indonesia, Undergraduate Thesis, Faculty of Psychology Airlangga University Surabaya, 2014.**

xvi + 65 pages, 4 appendix.

*This research was conducted with the aim to reveal the job stress of workers in Indonesia. Job stress is the result of interactions that arise between psychological demands on a job by job control and social support in the workplace, where high demands of psychology at work, low job control and social support at work is low (Karasek 1979, in Sulsky & Smith , 2005).*

*This research was conducted on workers in Indonesia with a total of 207 research subjects people using purposive sampling technique which consists of 120 male subjects and 87 female. Data intake conducted by using job stress questionnaire which amounts to 17 items. Data analysis was performed using descriptive statistics with the help of software IBM SPSS Statistics 20.*

*From the analysis of the data obtained the results as much as 41.06% that the subjects have experienced job stress in the middle-category, 26.57% low, 22.22% is high , very high 5.78%, and the remaining 4.35% including very low stress levels . A total of 76 workers, including the characteristics of the low job strain jobs (low demand, high control)*

**Keywords:** *job stress, workers*

*Bibliography, 35 (1995-2014)*