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Pentingnya Kesejahteraan Psikologis untuk Menurunkan Stres Kerja Selama Pandemi COVID-19

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Article Info	ABSTRACT
Article history: Received Revised Accepted	The COVID-19 pandemic in the community has had a big impact, including on workers. Changes in the system, work patterns, worries about termination of employment cause stress to workers. To overcome this, workers must have good psychological wellbeing. This study aims to empirically examine whether or not there is a relationship between psychological well-being and worker stress during the COVID-19 pandemic which use quantitative method. Sample in this study amounted to 100 workers who were chosen by random sampling technique. The measuring instrument used in this study is the work stress scale with a reliability value = 0.895 and a social support scale with a reliability value = 0.853. The data analysis technique used the Kendall's Tau correlation test. The results showed the value of r arithmetic = -0.471 and $p = 0.000 < 0.05$. This means that there is a negative and significant relationship between psychological well-being and work stress during the COVID-19 pandemic.
Keywords: Work Stress Psychological Well-being	ABSTRAK Munculnya pandemi covid-19 ditengah masyarakat menimbulkan dampak yang sangat besar termasuk pada pekerja. Adanya perubahan sistem, pola kerja, kekhawatiran akan pemutusan hubungan kerja menimbulkan stres pada pekerja. Untuk mengatasi hal tersebut, pekerja harus memiliki kesejahteraan psikologis yang baik. Penelitian ini bertujuan untuk mengetahui hubungan antara kesejahteraan psikologis dengan stres pekerja selama pandemi covid-19 dengan menggunakan pendekatan kuantitatif. Sampel penelitian berjumlah 100 pekerja yang dipilih menggunakan teknik random sampling. Data diolah menggunakan alat ukur berupa skala stres kerja dengan nilai reliabilitas = 0.895 dan skala kesejahteraan psikologis dengan nilai reliabilitas = 0.853. Data dianalisis menggunakan uji korelasi Kendall's Tau yang menghasilkan nilai r hitung = -0.471 dan $p = 0.000 < 0.05$. Artinya, terdapat hubungan yang negatif dan signifikan antara kesejahteraan psikologis dengan stres kerja selama pandemi covid-19.
Korespondensi: Reski Eka Wahyuni Program Studi Psikologi Fakultas Ilmu Sosial dan Ilmu Politik Universitas Mulawarman Email: reskieka2@gmail.com	Kata kunci Stres Kerja Kesejahteraan Psikologis

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