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**PENGARUH STRES KERJA TERHADAP KETAHANAN KELUARGA**  
(Pada Anggota Polri yang Menjalani *Commuter Marriage* di Polda Kaltim)

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### ABSTRAK

Stres kerja merupakan suatu keadaan yang dirasakan individu atau hasil pengamatan manusia terhadap lingkungan kerja memberikan tekanan secara fisiologis, psikologis, dan sikap individu serta lingkungan kerja yang dirasa tidak aman. Tekanan dari lingkungan pekerjaan yang mempengaruhi sikap individu di mana adanya perubahan sikap yang tidak baik terhadap keluarga, hal tersebut otomatis akan berdampak terhadap ketahanan keluarga terutama keluarga yang berpisah atau *commuter marriage*, karena tidak dapat menyelesaikan masalah secara langsung ketika ada perselisihan dikarenakan jarak.

Penelitian ini bertujuan untuk mengetahui pengaruh stres kerja terhadap ketahanan keluarga pada anggota Polri yang menjalani *commuter marriage* di Polda Kaltim. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian ini adalah 100 anggota Polri yang menjalani *commuter marriage* yang dipilih dengan menggunakan teknik *purposive sampling*. Metode pengumpulan data yang digunakan adalah adaptasi skala *Walsh Family Resilience Questionnaire (WFRQ)* dan *Emotional Maturity Scale (EMS)*. Teknik analisis data yang digunakan adalah regresi linier sederhana.

Berdasarkan penelitian yang telah dilakukan ditemukan hasil bahwa stres kerja berpengaruh terhadap ketahanan keluarga pada anggota Polri yang menjalani *commuter marriage* di Polda Kaltim. Dibuktikan dengan nilai  $F$  hitung = 90.880 >  $F$  tabel 3.94,  $p = 0.000$  ( $p < 0.05$ ) dan kontribusi pengaruh stres kerja terhadap ketahanan keluarga sebesar 48.2%.

**Kata kunci** : *Commuter Marriage*, Ketahanan Keluarga, Stres Kerja.

### ABSTRACT

Job stress is a condition that is felt by the individual or the result of his subjective appreciation of the work environment that puts pressure on physiologically, psychologically, and individual attitudes as well as the work environment that is felt to be threatening. Pressure from the work environment that affects individual attitudes where there is a change in unfavorable attitude towards the family, this will automatically have an impact on family resilience, especially families who are separated or *commuter marriage*, because they cannot solve problems directly when there is a dispute due to distance.

This study aims to determine the effect of work stress on family resilience in Polri members who undergo *commuter marriage* at Polda Kaltim. This study uses a quantitative approach. The subjects of this study were 100 members of the Indonesian National Police who underwent a *commuter marriage* who were selected using a *purposive sampling* technique. The data collection method used is the adaptation of the *Walsh Family Resilience Questionnaire (WFRQ)* and work stress. The data analysis technique used is *simple linear regression*.

Based on the research that has been done, it is found that work stress can affect the resilience of the family members of the Indonesian National Police who undergo *commuter marriages* at the Polda Kaltim. Evidenced by the value of  $F$  count = 90.880 >  $F$  table 3.94,  $p = 0.000$  ( $p < 0.05$ ) and the contribution of the influence of stress on family resilience is 48.2%.

**Keywords**: *Commuter Marriage*, Family Resilience, Work Stress.