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STRES KERJA DAN DUKUNGAN SOSIAL TERHADAP STRATEGI KOPING DOSEN INSTITUSI PENDIDIKAN TINGGI BIDANG KESEHATAN

Roikhatul Jannah¹, Rina Rifayanti²
^{1,2}Department of Psychology, Mulawarman University, Indonesia

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ABSTRACT

Coping strategy is an individual's method to manage the job demands. This study aims to determine the effect of work stress and social support to coping strategies of lecturers in health higher education in Samarinda. This study used a quantitative approach. The subjects of this study were 79 lecturers of health higher education in Samarinda using the purposive sampling technique. The data collection method used was the work stress scale with alpha cronbach's value 0.927, social support scale with alpha cronbach's value 0.914, and coping strategy scale with alpha cronbach's value 0.764. The results showed that (1) there was an influence between work stress and social support to coping strategy on lecturers in health higher education (2) there was no influence between work stress variables on coping strategies (3) there is an influence between social support variables on coping strategies.

ABSTRAK

Strategi koping merupakan cara seseorang dalam mengelola tuntutan-tuntutan pekerjaan. Penelitian ini bertujuan untuk mengetahui pengaruh stres kerja dan dukungan sosial terhadap strategi koping dosen institusi pendidikan tinggi bidang kesehatan di Samarinda. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian ini berjumlah 79 dosen institusi pendidikan tinggi bidang kesehatan di Samarinda menggunakan teknik purposive sampling. Metode pengumpulan data yang digunakan adalah skala stres kerja dengan nilai alpha cronbach's = 0.927, skala dukungan sosial bernilai alpha cronbach's = 0.914, dan skala strategi koping bernilai alpha cronbach's = 0.764. Hasil penelitian menunjukkan (1) terdapat pengaruh antara stres kerja dan dukungan sosial terhadap strategi koping dosen institusi pendidikan tinggi bidang kesehatan (2) tidak terdapat pengaruh antara stres kerja terhadap strategi koping (3) terdapat pengaruh antara dukungan sosial terhadap strategi koping.

Corresponding Author :

Roikhatul Jannah
Program Studi Psikologi
Fakultas Ilmu Sosial dan Ilmu Politik
Universitas Mulawarman
Email: roikhatuljannah1@gmail.com

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