

HUBUNGAN ANTARA *PERCEIVED WORKLOAD* DENGAN STRES KERJA PADA MAHASISWA YANG BEKERJA DI CV GAIA GROUP SEMARANG

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ABSTRAK

Setiap mahasiswa mempunyai keinginan yang kuat terhadap pendidikan tinggi yang berkualitas dan hasil yang memuaskan. Memilih untuk menjalani dua peran yang berbeda sekaligus yaitu kuliah dan bekerja tentu membawa risiko salah satunya adalah stres. Sebagai mahasiswa sekaligus karyawan memiliki tuntutan dan tanggung jawab masing-masing, tetapi kerap diminta untuk menyelesaikan banyak tugas dalam satu waktu, sehingga dianggap sebagai *perceived workload*. Ketika individu memandang *perceived workload* secara positif, mereka akan menyukai pekerjaan yang diberikan sehingga stres kerja yang dirasakan tergolong rendah. Tetapi apabila individu memandang *perceived workload* secara negatif, maka stres kerja yang dirasakan tergolong tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived workload* dengan stres kerja pada mahasiswa yang bekerja di CV Gaia Group. Subjek pada penelitian ini melibatkan karyawan CV Gaia Group sejumlah 75 subjek yang dipilih melalui teknik *cluster random sampling*. Metode pengumpulan data dilakukan melalui Skala *Perceived Workload* (32 butir, $\alpha=0,914$) dan Skala Stres Kerja (33 butir, $\alpha=0,922$). Hipotesis diuji menggunakan analisis regresi sederhana yang menunjukkan bahwa terdapat hubungan antara *perceived workload* dengan stres kerja ($r_s = 0,626$, $p = < 0,01$). Hal tersebut berarti semakin positif *perceived workload*, maka semakin rendah stres kerja. Begitu pula sebaliknya semakin negatif *perceived workload*, maka semakin tinggi pula stres kerja pada mahasiswa yang bekerja sambil kuliah.

Kata kunci: *perceived workload*, stres kerja, mahasiswa, karyawan

**RELATIONSHIP BETWEEN PERCEIVED WORKLOAD AND WORK STRESS
IN UNIVERSITY STUDENTS WORKING AT CV GAIA GROUP SEMARANG**

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ABSTRACT

Every student has a strong desire for quality higher education and satisfactory results. Choosing to undergo two different roles at once, namely studying and working, certainly brings risks, one of which is stress. As a student and employee, they have their own demands and responsibilities, but are often asked to complete many tasks at one time, which is considered as perceived workload. When individuals view perceived workload positively, they will like the work given so that the perceived work stress is low. But if individuals perceive perceived workload negatively, then the perceived work stress is high. This study aims to determine the relationship between perceived workload and work stress in students who work at CV Gaia Group. The subjects in this study involved CV Gaia Group employees totaling 75 subjects selected through cluster random sampling technique. Data collection methods were carried out through the Perceived Workload Scale (32 items, $\alpha=0.914$) and the Job Stress Scale (33 items, $\alpha=0.922$). The hypothesis was tested using simple regression analysis which showed that there was a relationship between perceived workload and job stress ($r_s=0.626$, $p<0.01$). This means that the more positive the perceived workload, the lower the job stress. Vice versa, the more negative the perceived workload, the higher the work stress in students who work while studying.

Keywords: perceived workload, work stress, students, employees