

ABSTRACT

This study is entitled "Job Stress of the Librarians at Faculty of Humanities, Diponegoro University". The purpose of this study is to determine whether the librarians of at Faculty of Humanities experiences stress and to identify the factors that cause stress of librarians. This research is a qualitative study using a phenomenological research design. Data collection methods used in this study are observation and interviews with librarians at library Faculty of Humanities, Diponegoro University. Stress is the body's response to the presence of pressure, stress can have physical or psychological impacts, stress can cause discomfort and disrupt daily activities. Stress caused by the work environment and work itself is called work stress. Job stress can have an impact on psychological conditions of employees which can cause employees who experience work stress to become irritable, feel bored and uncomfortable at work. The need for research the benefits of this study are intended to increase knowledge in library science, especially about library psychology. Work stress factors examined in this study are; work overload, lack of participation, role problems, interpersonal relationships, weak management and supervision, work environment, information technology development, low remuneration, career development and job dissatisfaction. The result shows that the librarians of at Faculty of Humanities, Diponegoro University do not experience psychological work stress, but there were symptoms of physical work stress namely body aches and back pain. Job stress factor does not affect the work stress of the librarian psychologically but the librarian experiences physical work stress which causes the librarian to feel achy and in the body and back pain due to prolonged sitting.

Keywords: Job Stress, Librarian, Library University