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PENGARUH STRES KERJA TERHADAP KESEJAHTERAAN SUBJEKTIF YANG DIMEDIASI OLEH RESILIENSI PADA POLISI RESERSE KRIMINAL DI KEPOLISIAN DAERAH JAWA BARAT

SKRIPSI

Diajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Psikologi
di Departemen Psikologi

Disusun oleh:
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FAKULTAS ILMU PENDIDIKAN
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PENGARUH STRES KERJA TERHADAP KESEJAHTERAAN SUBJEKTIF YANG DIMEDIASI OLEH RESILIENSI PADA POLISI RESERSE KRIMINAL DI KEPOLISIAN DAERAH JAWA BARAT

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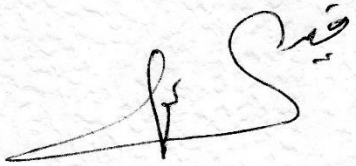

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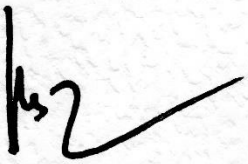

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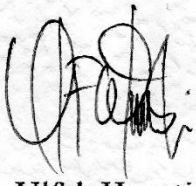

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ABSTRAK

Ulfah Hayati (1504922). *Pengaruh Stres Kerja Terhadap Kesejahteraan Subjektif yang Dimediasi oleh Resiliensi pada Polisi Reserse Kriminal di Kepolisian Daerah Jawa Barat.* Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2019).

Penelitian ini bertujuan untuk melihat pengaruh stres kerja terhadap kesejahteraan subjektif dengan peran resiliensi sebagai mediator. Partisipan (N=130 polisi, dengan jenis kelamin, status, usia, direktorat, dan pangkat, serta lama bertugas yang berbeda-beda) mengisi kuesioner yang berisi instrumen *Satisfaction With Life Scale* (SWLS), *Scale of Positif and Negatif Experience* (SPANE), *The Organizational Police Stres Questionnaires* (PSQ-Org), dan *The Operational Police Stres Questionnaires* (PSQ-Op), serta *the Connor-Davidson Resilience Scale* (CD-RISC). Teknik analisis data yang digunakan adalah *causal mediation analysis.* Hasil yang diperoleh menunjukan stres kerja dapat memprediksi kesejahteraan subjektif. Selain itu, resiliensi ditemukan berfungsi sebagai mediator dengan kategori *full mediation*. Dapat disimpulkan bahwa walaupun pekerjaan penuh dengan kondisi yang dapat membuat stres, polisi akan tetap memiliki kesejahteraan subjektif dengan adanya resiliensi.

Kata kunci: Stres Kerja, Kesejahteraan Subjektif, Resiliensi, Polisi Reserse Kriminal

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ABSTRACT

Ulfah Hayati (1504922). *The Effect Of Occupational Stress On Subjective Well-Being Mediated By Resilience Upon Criminal Investigation Police Awarde Regional Police Of West Java*. Unpublished research paper. Psychology Departement in Faculty of Education, Indonesia University of Education. Bandung (2019).

This study examined the effect of occupational stress on subjective well-being; as well as the role of resilience as a mediator. Participants (N = 130 criminal investigation police, with gender, marital status, age, directorate, rank and lenght of service). completed the questionnaire containing the instrument Satisfaction With Life Scale (SWLS), Scale of Positif and Negatif Experience (SPANE), The Organizational Police Stress Questionnaires (PSQ-Org), dan The Operational Police Stress Questionnaires (PSQ-Op), serta the Connor-Davidson Resilience Scale (CD-RISC). Analyses using Causal Mediation Analysis revealed significant effect of occupational stress on subjective well-being. The study also found that effect of occupational stress on subjective well-being was fully mediated by resilience. It can be concluded that although the work is stressful, the police will still have subjective well-being in the presence of resilience.

Keywords: Occupational Stress, Subjective well-being, Resilience, Criminal Investigation Police.

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