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STRESS PROFILE AT UKRIDA HOSPITAL WORKER USING PERCEIVED STRESS SCALE AND HEART RATE VARIABILITY

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Abstract

Stress is a physical and mental condition that is not balanced so that it is unable to respond to life situations. Stress is one of the fourth ranked diseases in the world. Stress can cause symptoms, palpitations, headaches, decrease quality of work . Stress can be measured using the Perceived Stress Scale questionnaire results obtained determine the level of stress. This study aims to determine the stress profile of Ukrida Hospital workers. Quantitative analytic research using the cross sectional method was carried out using the data obtained 262 data. All of it measure stress threshold by filling PSS questionnaire and measuring HRV, namely Standard Deviation Normal to Normal (SDNN) and Root Mean Square of Successive Different (RMSSD). Base on the result, female has suffer stress than male. Nurse more stress compare others. The data that has been processed using the chi square test has no significant relationship between stress and heart rate variability because the result is p=0.432. The stress profile of Ukrida Hospital workers, especially in young adult women. The mean value of the PSS Questionnaire experienced moderate stress (55%), but this value did not correlate significantly with SDNN and RMSSD values from HRV values.

Keywords: stress, heart rate, hospital workers