

HUBUNGAN ANTARA QUALITY OF WORK LIFE DENGAN STRESS KERJA PADA ANGGOTA KEPOLISIAN SATUAN LANTAS POLDA SUMATERA BARAT

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan *quality of work life* dengan *stress* kerja pada anggota Kepolisian Satuan Lintas Polda Sumatera barat. Variabel bebas dalam penelitian ini adalah *quality of work life* dan variabel terikat adalah *stress* kerja. Alat ukur yang digunakan dalam penelitian ini adalah skala *quality of work life* dan skala *stress* kerja. Teknik pemilihan sampel dalam penelitian ini adalah teknik *simple random sampling*. Sampel dalam penelitian ini adalah 122 orang anggota Kepolisian Satuan Lintas Polda Sumatera Barat. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *alpha cronbach*. Hasil koefisien validitas pada skala *quality of work life* berkisar antara 0,369 sampai dengan 0,792. Hasil koefisien validitas pada skala *stress* kerja berkisar antara 0.397 sampai dengan 0.895. Dengan koefisien reliabilitas *quality of work life* sebesar 0.978 dan pada skala *stress* kerja sebesar 0.951. Berdasarkan analisis data, diperoleh nilai korelasi antara *quality of work life* dan *stress* kerja sebesar $r = -0.518$ dengan taraf signifikan $p = 0.000$ yang berarti hipotesis diterima. Hasil uji hipotesis menunjukkan hubungan *Quality of work life* dengan *stress* kerja pada anggota Kepolisian Satuan Lintas Polda Sumatera Barat dan hubungan keduanya adalah negatif. Hal ini menunjukkan bahwa ada hubungan yang sangat signifikan antara *Quality of work life* dengan *stress* kerja yang berarti hipotesis diterima. Adapun besar sumbangan efektif dari variabel *Quality of work life* dengan *stress* kerja pada anggota Kepolisian Satuan Lintas Polda Sumatera Barat sebesar 27%.

Kata kunci : *quality of work life*, *Stress kerja*, anggota kepolisian satuan lintas, polda sumatera barat, korelasi

***THE RELATIONSHIP BETWEEN QUALITY OF WORK LIFE
AND WORK STRESS IN TRAFFIC POLICE MEMBERS
WEST SUMATRA POLDA***

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ABSTRACT

This research aims to determine the relationship between quality of work life and work stress among members of the West Sumatra Police Traffic Unit. The independent variable in this study is quality of work life and the dependent variable is job stress. The measuring instruments used in this study are quality of work life scale and work stress scale. The sample selection technique in this study was simple random sampling technique. The sample in this study were 122 members of the West Sumatra Police Traffic Unit. Validity and reliability tests in this study using Cronbach alpha techniques. The results of the validity coefficient on the quality of work life scale range from 0.369 to 0.792. The results of the validity coefficient on the work stress scale ranged from 0.397 to 0.895. With a reliability coefficient of quality of work life of 0.978 and on the scale of work stress of 0.951. Based on data analysis, the correlation value between quality of work life and work stress is $r = -0.518$ with a significant level of $p = 0.000$ which means the hypothesis is accepted. The results of hypothesis testing show the relationship between quality of work life and work stress in members of the West Sumatra Police Traffic Unit and the relationship between the two is negative. This shows that there is a very significant relationship between Quality of work life and work stress which means the hypothesis is accepted. The amount of effective contribution of the Quality of work life variable with work stress in members of the West Sumatra Police Force is 27%.

Keywords: quality of work life, work stress, traffic unit police members, west sumatra regional police, correlation