

Hubungan Antara Dukungan Sosial *Volunteer* Kegiatan Sosial Dengan Stres

Kerja Pada Yayasan Senyum Desa Indonesia

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RINGKASAN

Latar Belakang: Stres kerja merupakan permasalahan umum yang dialami oleh karyawan, termasuk mereka yang terlibat sebagai *volunteer*. Tingginya tuntutan kerja tanpa dukungan yang memadai dapat memperburuk tekanan psikologis individu.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial yang diterima *volunteer* dalam kegiatan sosial dengan tingkat stres kerja yang mereka alami.

Metode Penelitian: Penelitian ini menggunakan pendekatan kuantitatif korelasional. Subjek terdiri dari 155 *volunteer* aktif Yayasan Senyum Desa Indonesia, yang dipilih melalui teknik purposive sampling. Data dikumpulkan menggunakan skala stres kerja dan skala dukungan sosial yang telah dimodifikasi.

Hasil Penelitian: Hasil analisis dengan uji Pearson menunjukkan korelasi negatif yang signifikan antara dukungan sosial dan stres kerja ($r = -0,335$ dan $p = 0,000$). Semakin tinggi dukungan sosial, maka semakin rendah tingkat stres kerja yang dirasakan oleh *volunteer*.

Kesimpulan: Dukungan sosial terbukti memiliki peran penting dalam mengurangi stres kerja pada *volunteer*. Organisasi sosial dapat menjadi wadah strategis untuk membangun dukungan emosional dan mengurangi beban psikologis pekerja.

Kata Kunci: Stres Kerja, Dukungan Sosial, *Volunteer*, Organisasi Sosial, Yayasan Senyum Desa Indonesia.

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***The Relationship Between Social Support of Social Activities and Work Stress
at the Indonesian Village Smile Foundation***

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ABSTRACT

Background: Work stress is a common problem experienced by employees, including those involved as volunteers. The high demands of work without adequate support can exacerbate the psychological distress of the individual.

Research Objectives: This study aims to determine the relationship between the social support that volunteers receive in social activities and the level of work stress they experience.

Research Method: This study uses a correlational quantitative approach. The subjects consisted of 155 active volunteers of the Indonesian Village Smile Foundation, who were selected through purposive sampling techniques. Data were collected using a modified work stress scale and social support scale.

Study Results: The results of the analysis with the Pearson test showed a significant negative correlation between social support and work stress ($r = -0.335$ and $p = 0.000$). The higher the social support, the lower the level of work stress felt by volunteers.

Conclusion: Social support has been shown to have an important role in reducing work stress in volunteers. Social organizations can be a strategic forum to build emotional support and reduce the psychological burden of workers.

Keywords: Work Stress, Social Support, Volunteer, Social Organization, Indonesian Village Smile Foundation.

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