

**PENGARUH *OCCUPTIONAL STRESS* DAN *WORKPLACE SOCIAL SUPPORT* TERHADAP *PSYCHOLOGICAL WELL-BEING* TENAGA PENDIDIK SEKOLAH TINGGI ILMU EKONOMI SAKTI ALAM KERINCI**

**S K R I P S I**

**Diajukan Guna Melengkapi Tugas – Tugas dan Memenuh Salah Satu Syarat Guna Memperoleh Gelar Sarjana Ekonomi**



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**SEKOLAH TINGGI ILMU EKONOMI SAKTI ALAM KERINCI  
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TERHADAP PSYCHOLOGYCAL WELL BEING TENAGA PENDIDIK  
SEKOLAH TINGGI ILMU EKONOMI SAKTI ALAM KERINCI**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui bagaimanakan Pengaruh *Occupational Stress* dan *Workplace Social Support* terhadap *Psychological Well-Being* Tenaga Pendidik Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci. Populasi dan sampel pada penelitian ini adalah Dosen pada Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci sebanyak 40 Orang. Alat analisis data yang digunakan adalah Analisis Deskriptif, Analisis Regresi Linear Berganda, Koefisien Determinasi serta Pengujian Hipotesis dengan uji T dan uji F. Hasil Penelitian ini menunjukkan bahwa: Tidak terdapat pengaruh yang signifikan antara *Occupational Stress* terhadap *Psychological Well-Being* Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci, ini dibuktikan dengan  $t_{hitung} < t_{tabel}$  ( $0,074 < 2,026$ ). Terdapat pengaruh yang signifikan antara *Workplace Social Support* terhadap *Psychological Well-Being* Tenaga Pendidik Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci, ini dibuktikan dengan  $t_{hitung} > t_{tabel}$  ( $4,730 > 2,026$ ). Terdapat pengaruh yang signifikan antara *Occupational Stress* dan *Workplace social Support* terhadap *Psychological Well-Being* Tenaga Pendidik Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci secara simultan yaitu dapat dibuktikan dengan  $F_{hitung} > F_{tabel}$  ( $20,176 > 3,25$ ). Besarnya pengaruh *Occupational Stress* dan *Workplace social Support* terhadap *Psychological Well-Being* Tenaga Pendidik Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci sebesar 52,15%. Sedangkan sisanya yaitu 47,5% dijelaskan oleh faktor-faktor penyebab lain yang tidak diteliti dalam penelitian ini.

Kata Kunci : *Occupational Stress, Workplace Social Support, Psychological Well-Being*

**THE EFFECT OF OCCUPATIONAL STRESS AND WORKPLACE SOCIAL SUPPORT ON  
PSYCHOLOGICAL WELL BEING OF HIGH SCHOOL OF ECONOMIC EDUCATORS**

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**ABSTRAK**

*This study aims to determine how the Effect of Occupational Stress and Workplace Social Support on the Psychological Well-Being of Educators at the Sakti Alam Kerinci High School of Economics. The population and sample in this study were lecturers at the Sakti Alam Kerinci High School of Economics as many as 40 people. The data analysis tools used are Descriptive Analysis, Multiple Linear Regression Analysis, Coefficient of Determination and Hypothesis Testing with T test and F test. The results of this study indicate that: There is no significant effect between Occupational Stress on Psychological Well-Being, Sekolah Tinggi Ilmu Ekonomi Sakti Alam Kerinci, this is evidenced by  $t_{count} < t_{table}$  ( $0.074 < 2.026$ ). There is a significant effect between Workplace Social Support on the Psychological Well-Being of Educators at the Sakti Alam Kerinci School of Economics, this is evidenced by  $t_{count} > t_{table}$  ( $4,730 > 2,026$ ). There is a significant effect between Occupational Stress and Workplace Social Support on the Psychological Well-Being of Educators at the Sakti Alam Kerinci High School of Economics, which can be proven by  $T_{count} > F_{table}$  ( $20.176 > 3.25$ ). The magnitude of the effect of Occupational Stress and Workplace Social Support on the Psychological Well-Being of Educators at the Sakti Alam Kerinci School of Economics is 52.15%. While the remaining 47.5% is explained by other causal factors not examined in this study.*

*Keywords : Occupational Stress, Workplace Social Support, Psychological Well-Being*