

TABLE OF CONTENTS

APPROVAL	
VALIDATY SHEET	ii
THESIS DEFENCE.....	ii
ABSTRACT	iii
ABSTRAK.....	iv
FOREWORD.....	vi
TABLE OF CONTENTS	viii
LIST OF TABLE.....	xi
LIST OF FIGURES	xii
STATEMENT OF RESEARCH ORIGINALITY	xiii
CHAPTER I INTRODUCTION	1
1.1 Background of the Problem.....	1
1.2 Problem Formulation.....	3
1.2 Research Objectives	3
1. General Purpose.....	3
2. Special Purpose.....	3
1.4 Benefit og research	4
1. Theoretical Benefits	4
2. Benefits for Companies.....	4
3. Benefits for Employees	4
4. Policy Benefits	4
5. Social Benefits	4
1.5 Keaslian Penelitian.....	4
CHAPTER 2 LITERATURE REVIEW.....	7
2.1 Work stress	7
2.1.1 Concept of work stress	7
2.2 Work Stress Factors.....	8
2.2.1 Organizational Factors.....	8

2.2.2 Individual factor	11
2.2.3 Environmental Factors	12
2.3 Instrumen Asesmen Stres Kerja.....	13
1) <i>National Institute for Occupational Safety and Health</i> (NIOSH)	14
2) Depression Anxiety Stress Scales (DASS)	14
3) Job Stress Scale (JSS)	15
4) <i>Student Stress Inventory</i> (SSI).....	16
5) Perceived Stress Scale (PSS).....	16
2.4 Theoretical Framework.....	18
2.5 Concept Framework	18
CHAPTER 3 RESEARCH METHODS.....	19
3.1 Research Types and Design.....	19
3.2 Research Time and Place.....	19
3.3 Research Subject.....	19
3.4 Research Operational Definition	22
3.5 Research Instruments.....	24
3.5.1 PSS.....	24
3.5.2 Individual, organizational and environmental factors questionnaire	25
3.6 Research Procedure	27
3.6.1 Data Collection Procedure.....	28
3.6.2 Quistionnaire Fillingr	28
3.6.3 Data Management.....	28
3.6.4 Data Analysis.....	28
3.6.5 Data Collection Ethics	29
3.4 Research Flow Diagram	29
3.5 Data Analysis.....	30
CHAPTER IV RESULTS AND DISCUSSION	31
4.1 Results	31
4.1.1 General Description of Research Sites	31
4.1.2 Respondent Characteristics.....	32

4.1.3 Overview of Work Stress based on the PSS questionnaire	34
4.1.4 Overview of Individual, Organizational, and Environmental Factors	34
4.1.5 Overview of Work Stress Based on Individual, Organizational, and Environmental Factors.....	38
4.2 Discussion.....	41
4.2.1 Individual Factors Causing Stress	41
4.2.2 Organizational Factors Causing Stress	43
4.2.3 Environmental Factors Causing Stress	44
4.2.4 Other Factors Causing Stress.....	45
CHAPTER V CONCLUSIONS AND SUGGESTIONS	49
5.1 CONCLUSION	49
5.2 SUGGESTION	50



LIST OF TABLE

Table 1. Research Authenticity and Comparison with Previous Studies	4
Table 2. Symptoms of Stress according to the Ministry of Health of the Republic of Indonesia	8
Table 3. Operational Variable	22
Table 4. PSS 24	
Table 5. PSS Questionnaire Question 25	
Table 6. Characteristics of Respondents	32
Table 7. Work Stress Level Measurement 34	
Table 8. Distribution of Work Stress Based on 3 Factors	38



LIST OF FIGURES

Figure 1. Theoretical Framework Drawing.....	18
Figure 2. Concept Outline Drawing	18
Figure 6. Research flow diagram	29
Figure 7. Research Location	31
Figure 8. Individual Factor Diagram.....	35
Figure 9. Organizational Factor Diagram	36
Figure 10. Neighborhood factor 37	
Figure 11. Distribution of Factors at High Stress Levels.....	40
Figure 12. Factor Distribution at Moderate Stress Level.....	40
Figure 13. Distribution of Factors at Low Stress Levels	41



STATEMENT OF RESEARCH ORIGINALITY

I, the undersigned:

Name : Muhammad Abila Nur Shidiq
NIM : 432022731016
Faculty : Health Sciences
Courses : Occupational Safety and Health
Research Title : Overview Of Job Stress Factors Based On Organisational, Individual,
And Environmental Perspectives At PT. Adiprima Suraprinta

Hereby declare that this undergraduate thesis is entirely my own original work and has not been copied or adapted from the work of others for the purpose of obtaining an academic degree, either in whole or in part.

Furthermore, I affirm that this thesis has never been published previously in any form, except for certain parts that are properly cited and referenced in accordance with academic writing standards. If at any time it is found that this work contains elements of plagiarism, I am willing to accept any administrative and academic sanctions in accordance with the applicable regulations

Ponorogo, August 15, 2025
Researchers



Muhammad Abila Nur Shidiq
NIM. 432022731016

UNID
GONTOR
UNIVERSITAS DARUSSALAM GONTOR