

Perceived Stress Profile among Lecturers in Universitas Sumatera Utara

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Keywords: Coping Stress, Lecturer, Mandala Creation.

Abstract: This study is a preliminary study that collect data to provide empirical evidence on the stress profile among lecturers in Universitas Sumatera Utara, Medan. The data later will be use for an experimental research using Mandala creative art intervention to reduces stress among lecturers. 275 lecturers from various faculty were invited to participate in this research, only 53 participants completed the online survey of the Perceived Stress Scale. The variables of this research are level of stress, sex, stage of development, level of education and area of specialisation. Data analysed by descriptive statistic. Findings showed that the level of lecturers stress, 1.9% very light, 13.2% mild, 34% moderate, 45% severe and 5.6 % very severe level of stress . The results also showed that female leturers are more stress than male lecturers, 30.20% of female lecturers were at the level of severe stress. According to area of specialiazation, there were no differences level of stress according to area of specialization Science & and Technology, Health and Social Humaniora. There were also no differences level of stress between lecturers from different level of education and stage of development.

1 INTRODUCTION

In Indonesia now a days, stress is a common condition for everyone, including lecturers. Working in the university today's are more demanding than before. Beside the three pillars (Tridharma) of higher education responsibilities, lecturer certification that must be obtain and upgrade and the higher amount of student that entering the university every year are some of the situation that makes the job load of lecturer are very big. This shows that lecturers require a high level of commitment to accomplishing their responsibilities. The number of demands and responsibilities that the lecturers should take, plus the environmental conditions and other triggering factors can cause stress.

Study about stress among lecturer had been conduct at several university in Indonesia such as Universitas Gajah Mada (Cahyono, 2017), Universitas Negeri Semarang (Rustiana, 2012) and others. Lecturer was not an healthy profession today (Cahyono, 2017),. Study reports that 13% lecturers have mild stress, 77% moderate stress and 10%

severe stress (Rustiana, 2012). The stress was caused by work stress, 42,3 % because of work load, 22,7% work environment, 17,7% personal problems and 17, 7% other problems (Kusnadi, 2014).

Stress occurs when one sees an event or circumstance is threatening, demanding, or beyond his or her capacity to handle (Cohen, S., Kamarck, T., & Mermelstein, R, 1983). Stress is the response of individuals to taxing circumstances and event called stressors, that threaten them and tax their coping abilities. A number of factors are involved in stress: physical and biological, personality, cognitive, environmental and sociocultural (Santrock W.J. ,2002).

Another approach to understanding stress examines it as a broader perceived experience. Perceived stress is one's global evaluation of life as being unpredictable, uncontrollable or overloaded . Perceived stress is theoretically influenced by how well an individual adapted to or coped with all of the situational stress he or she has recently encountered, as well as the number of stressors the individual has

faced (Cohen, S., Kamarck, T., & Mermelstein, R, 1983).

Stress has two components: physical involving direct material or body challenge and psychological, involving how individuals perceive circumstances in their lives (Sarafino, 2006). According to Dougall & Baum and Hobfoll this component can be examined in three way : first, environment : stress is seen as a stimulus, as when there is a demanding job or experience or family/health problems. Second, stress as a response, focusing on people reaction to stressor. Third, stress as a process that include stressor and strain, add the relationship between the person and environment (Sarafino E.P., 2006).

2 MATERIALS AND METHODS

2.1 Research Location

Research conducted at Universitas Sumatera Utara.

2.2 Methods

2.2.1 Study Design and Data Collection

This study is a descriptive quantitative study that used a non-experimental survey design to describe lecturer’s perceive stress profile. 275 lecturers from various faculty were invited online to participated in the study and 53 lecturer complete the online survey.

2.2.2 Measurement

Perceived Stress Scale (PSS) is a well known psychological instrument for measuring the perception of stress that conduct by Sheldon Cohen (Cahyono, 2017) (Cohen, 1983). PSS-10 measure of the degree to which situation in one’s life are appraised as stressful. Items were designed to assess how unpredictable, uncontrollable, or overloaded participant find their lives to be. The responses to the 10 items were then summed to create a psychological stress score, with higher scores indicates greater psychological stress. Internal reliabilities (Cronbach’s Alpha) for the PSS-10 were .78 in the Harris Poll sample, and .91 in both the 2006 and 2009 eNation samples (Cahyono, 2017) Participants answer each question using a five –point Likert rating scale, rate their current level of stress ranging from 0 = never, 1 = almost never, 2 = sometimes, 3 = fairly often, 4 = very often. The PSS-10 total scores are obtained by reversing the scores on the four positive

items, then summing across all 10 items, so that a higher total score indicates higher stress.

2.2.3 Data Analysis

The data collected analyse by descriptive statistics (SPSS).

3 RESULTS

Table 1. Description of Subject Characteristic.

Variable	N	%	Variable	N	%
Level of education			Sex		
Master	25	47.2	Male	16	0.2
Master specialist	18	34	Female	37	9.8
Doctoral	10	18.9	Total	53	00
Total	53	100			
Area Specialization	N	%	Stress Level	N	%
Science & Tech	7	13.2	Very mild	3	.7
Health	15	28.3	Mild	5	.4
Social-humanity	31	58.5	Moderate	18	4
Total	53	100	Severe	24	5.3
			Very severe	3	.7
			Total	53	00
Stage of development	n	%			
Early adult	30	56.6			
Middle adult	23	43.4			
Total	53	100			

At Table 1, total participants are 53 lecturers, with the variables of level of education, stage of development, sex, area of specialization and stress profile. From 53 participants, the characteristic lecturer with master degree (47.2%), master specialist (34%) and doctoral (18.9%). According to area of specialization, social-humanity (58.5%), health (28.30%) and science and technology (13.2%). The variables of development stage shows that lecturer in early adulthood 56.6% and female lecturer 69.8%. The results also shows the stress profile of the partisipants, lecturers with severe stress (45.3%), moderate stress (34%), mild

stress (9.4%), and stress level for very mild and very severe has a same amount (5.7%). At table 2, according to level of education, stage of development, area of specialization, and sex, most of the participant

are in the level of severe stress (45.30%) dan only 5.7% are in the level of mild stress and very severe stress.

Table 2. Cross Tabulation Within Variable.

Variables	Stress level					Total n (%)
	Very mild n (%)	Mild n (%)	Moderate n (%)	Severe n (%)	Very severe. n (%)	
Level of education						
Master	3(5.70)	3(5.70)	8(15.10)	8(15.10)	3(5.70)	25(47.20)
Master specialist	0(0.00)	0(0.00)	7(13.20)	11(20.80)	0(0.00)	18(34.00)
Doctoral	0(0.00)	2(3.80)	3(5.70)	5(9.40)	0(0.00)	10(18.90)
Total	3(5.70)	5(9.40)	18(34.00)	24(45.30)	3(5.70)	53(100.00)
Stage of development						
Early adulthood	2 (3.80)	2 (3.80)	12(22.60)	13(24.50)	1(1.90)	30(56.60)
Middle adulthood	1 (1.90)	3(5.70)	6(11.30)	11(20.80)	2 (3.80)	23 (43.40)
Total	3(5.70)	5(9.40)	18(34.00)	24(45.30)	3(5.70)	53(100.00)
Sex						
Male	2 (3.80)	0(0.00)	3(5.70)	8(15.10)	3(5.70)	16(30.20)
Female	1(1.90)	5(9.40)	15(28.30)	16(30.20)	0(0.00)	37(69.80)
Total	3 (5.70)	5(9.40)	18(34.00)	24(45.30)	3(5.70)	53(100.00)
Area specialization						
Science & Tech	0(0.00)	1(1.90)	3(5.70)	3(5.70)	0(0.00)	7(13.20)
Health	1(1.90)	2(3.80)	3(5.70)	9(17.00)	0(0.00)	15(28.30)
Social-humanity	2(3.80)	2(3.80)	12(22.60)	12(22.60)	3(5.70)	31(58.50)
Total	3(5.70)	5(9.40)	18(34.00)	24(45.30)	3(5.70)	53(100.00)

Severe stress level mostly found in the participants with level of education Master specialist (20.80%), Master degree (15.20%) and doctoral (9.40%). Further, the very severe stress level only found in the lecturers with master degree. (5.70%). Stress at all levels from very mild to very severe tend to be found at both stages of development (early and middle adulthood) and with the most are at severe stress levels

(24.40% and 20.80%). Although female sex tended to vary in levels of stress from mild to severe levels (9.4%, 28.30% and 30.20% respectively), only male participants experienced very severe stress (5.7%). Contingency Correlation showed that there is a very significant relationship between sex and stress level ($c = 0.439$; $p = 0.01$).

Participants with the area of the health program also had a variety of stress levels from mild to severe (1.90%, 3.80%, 5.70% and 17%), but only participants from the social-humanity department who tended to have very severe stress (5.70%).

4 DISCUSSION

The findings shows that there were no differences in stress level according to level of education, stage of development and area of specialization. The association between work and education depends on the social gradient and socioeconomic positions, which means that the level of education will differ in stress if the person have a different socioeconomic position [9]. The higher education the lower stress level and the lower education will creates a greater stress. In this study the subject were all lecturer that have post graduate education whether they were in the level of master degree, master specialist or doctoral. The subject also have the same level of work and socioeconomic position. They face the same stressor and job demands of higher education duties that made them have a similar stress profile.

The lecturer's stress profile at Universitas Sumatera Utara showed most of the lecturer were at the moderate to severe stress level. This founding supported the study that conduct in Universitas Gajah Mada (Lee, 2013) and Universitas Negeri Semarang (Hyde, 2013) where 87% of respondent were in the level of moderate and severe stress.

Other finding is that there we a strong relationship between sex and stress level, female lecturer are most at moderate and severe stress mean while male lecturers tended to have very severe stress level. This finding is opposite to the theory (Throsten, 2015) and finding in the previuos research that Indonesian culture demands women to take the role of "good housewives," and this condition often makes those working women feel guilty and depressed, which develop into stress. (Cohen, 2012). This is related the condition of gender equality in this recent years, the family roles for men and women are balance and equal so the demand of the house wife role not been focus anymore. In Indonesia, most of the family are extended family, so role of house wife can be taken offer by the member of the family. Futhermore, men report being less concerned about managing their stress that can lead men to have a higher level of stress. Women are more likely than men spoken up their stress and using multitude of strategies to manage stress such as reading, spending time with

family or friends, praying, shopping and getting massage and spa (Zulkarnain, 2015)

This study has several limitation, first, because this is an on going research that still collecting data, the subject in this research are still limited, only 53 subjects completed the online survey so the result could not be generalized for all lecturer in Universitas Sumatera Utara.

5 CONCLUSIONS & RECOMMENDATIONS

This preliminary research findings showed that the lecturers stress level vary from very mild to very severe stress level..Stress at all levels also found at both stages of development, early and middle adulthood with the most are at severe stress. There are a very significant relationship between sex and stress level. There are no differences of stress profile between level of education and area of specialization.

It is recommended to increase the amount of participant to represent the more accurate stress profile of the lecturers in Universitas Sumatera Utara. Further, data collection can be combine in online and offline survey. The variables of status of marital from female lecturer can be study further to see if there is a differences between married and unmarried female stress level.

ACKNOWLEDGEMENTS

This paper is basic research scheme funded by Universitas Sumatera Utara "Penelitian Keunggulan Akademik (TALENTA) USU T.A USU 2018".

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