

Nama : Siti Badriah

NIM : 1033241089

Judul : Pengaruh Senam Aerobik *Low Impact* terhadap Stres Kerja pada Petugas Kesehatan di UPT Puskesmas Bojong Pandeglang

ABSTRAK

Latar Belakang: Stres kerja pada tenaga kesehatan berdampak pada kesehatan fisik, mental, dan kinerja tenaga kesehatan. Salah satu metode non-farmakologis untuk menurunkan stres adalah senam aerobik *low impact* karena dapat merangsang otak untuk melepaskan hormon seperti endorfin yang meningkatkan suasana hati dan memberikan rasa bahagia.

Tujuan Penelitian: Mengetahui pengaruh senam aerobik *low impact* terhadap stres kerja pada petugas kesehatan di UPT Puskesmas Bojong Pandeglang.

Metode Penelitian: *pra-experimental* dengan desain *onegroup pretest-posttest*. Sampel penelitian petugas kesehatan di UPT Puskesmas Bojong Pandeglang sebanyak 16 responden dengan teknik *purposive sampling*. Intervensi berupa senam aerobik *low impact* dilakukan sesuai jadwal yang telah ditentukan. Pengukuran tingkat stres menggunakan NIOSH *Generic Job Stress Questionnaire*. Analisis data menggunakan uji *Paired Sample T-Test*.

Hasil Penelitian: Sebagian besar petugas kesehatan berusia >30 tahun, jenis kelamin perempuan, status pernikahan menikah, dan lama kerja >10 tahun. Sebagian besar stres kerja pada petugas kesehatan sebelum diberikan senam aerobik *low impact* berada pada kategori sedang. Terjadi penurunan stres kerja pada petugas kesehatan sesudah diberikan senam aerobik *low impact*. Terdapat pengaruh senam aerobik *low impact* terhadap stres kerja pada petugas kesehatan.

Kesimpulan dan Saran: Senam aerobik *low impact* terbukti berpengaruh dalam menurunkan stres kerja pada petugas kesehatan. Petugas kesehatan diharapkan dapat secara rutin melakukan senam aerobik *low impact* sebanyak 30 menit selama 3 kali seminggu sebagai upaya menjaga kesehatan fisik dan psikologis, serta sebagai strategi *coping* terhadap beban kerja yang tinggi, dengan meluangkan waktu untuk aktivitas fisik ringan, petugas kesehatan dapat mengurangi stres dan meningkatkan produktivitas kerja.

Kata Kunci : Petugas Kesehatan, Senam Aerobik *Low impact*, Stres Kerja

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Name : Siti Badriah
Student ID : 1033241089
Title : The Effect of Low-Impact Aerobic Exercise on Work Stress among Health Workers at UPT Puskesmas Bojong Pandeglang

ABSTRACT

Background: Work-related stress among healthcare workers affects their physical health, mental well-being, and work performance. One non-pharmacological method to reduce stress is low-impact aerobic exercise, which can stimulate the brain to release hormones such as endorphins that enhance mood and create feelings of happiness.

Research Objective: To determine the effect of low-impact aerobic exercise on work stress among healthcare workers at UPT Puskesmas Bojong Pandeglang.

Research Method: This study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 16 healthcare workers selected through purposive sampling. The intervention involved performing low-impact aerobic exercise according to a predetermined schedule. Stress levels were measured using the NIOSH Generic Job Stress Questionnaire. Data were analyzed using the Paired Sample T-Test.

Results: Most healthcare workers were over 30 years old, female, married, and had worked for more than 10 years. Before participating in low-impact aerobic exercise, most respondents experienced moderate levels of work stress. After the intervention, there was a noticeable decrease in stress levels among healthcare workers. The results showed a significant effect of low-impact aerobic exercise on reducing work stress.

Conclusion: Low-impact aerobic exercise has been proven effective in reducing work stress among healthcare workers.

Suggestions: It is recommended that healthcare workers regularly perform low-impact aerobic exercise for 30 minutes, three times per week, as an effort to maintain both physical and psychological health. As a coping strategy for high workloads, engaging in light physical activity can help healthcare workers reduce stress and improve work productivity.

Keywords : Healthcare Workers, Low-Impact Aerobic Exercise, Work Stress

References : 71 (2020–2024)