

ABSTRACT

Fatma, Sari Dewi Anita. 2015. Resilience Relationship With Work Stress Members of the Police in Sumenep. Thesis, Faculty of Psychology, University (UIN) Maulana Ibrahim Malang. Supervisor: Dr. Yulia Sholichatun, M.Si

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Resilience is the power of individual resilience to deal with it under any circumstances. Resilience also plays an important role as a self-motivated to reduce the problems that are being experienced by a person. According Revich And shatter, (2002) Resilience create and maintain a positive attitude of the explorers. Resilience gives confidence to take on new responsibilities in running a job, do not retreat in mengahapi someone who wants to be known, looking for an experience that will give tantanganm to learn about themselves and connect more deeply with another person or people around us. With high resilience Sumenep Police members will reduce the workload that resulted in their work stress while at work. The definition of work stress is a feeling that leads to feelings of distress experienced by someone on the job. According Meanwhile, according Mangkunagara (2005) stated that work stress is feeling pressure or feel distress experienced employees in the face of employment, Job stress can lead to emotional instability, feelings of calm, aloof, sleeplessness, excessive smoking, can not relax , anxiety, tension, nervousness, increased blood pressure and impaired digestion.

This study aims to determine the extent of resilience owned Sumenep police officers at the police station, to find out how much the level of work stress experienced by members of the Police Sumenepdan to determine whether there is a relationship between job stress resilience with members of the Police in Sumenep.

Sample in this research were 30 personnel consisting of units Satlantas function amounted to 6 people, Satreskrim function unit 4, unit function Satsabhara 6 people, 3 Satbimnas function unit, unit 3 Satnarkoba function, the unit functions Satintel 6 people and provost 4 people , Making subject to the Proportionate Stratified Random Sampling technique. To test the validity of resilience and stress of work using the product moment to test the reliability and resilience and work stress using Cronbach's Alpha SPSS version 16.

Based on the research results of the correlation showed no significant relationship between resilience variables (X) and work stress (Y). This is indicated by the significant value of 0.000 with $p < 0.05$. Rtable value of 0.790 to 0.361 while $r_{hitungnya} > r_{tabel}$. The strong relationship produced by 0.790, which means a very strong relationship. Turns count obtained is $r = 0.790 > r_{tabel} = 0,361$ at $N = 30$ at the significant level of 5%. And the results of research that resiliency with high yield as much as 19 respondents (63.3%) with the result being counted seven respondents (23.3%) and the low yield of 4 respondents (13.4%). This shows that the higher the resilience of the respondents according to the research results obtained. respondents who experienced low job stress as much as 25 respondents (83%) with the result being as much as three respondents (10%) and high yield as much as 2 respondents (7%). It is in the show by the average value of the research. The average member of the Police Sumenep have high resilience level category (63.3%) and had lower levels of job stress (83%). Resilience related to the Job Stress.