

Family Social Support and Work Stress on Night Shift Bus Drivers

Adi Kurniawan Putra
Faculty of Psychology
Universitas Kristen Satya Wacana

The goal of this research was to find the relation between family social support and work stress on night shift bus drivers. Subjects were night shift bus drivers ($N = 38$) in Temanggung, chosen by using the simple random sampling technique. Data regarding the family social support and work stress were collected using two surveys, with 31 and 20 items respectively. Correlation analysis uses the Pearson Product Moment. Result showed a negative significant correlation between family social support and work stress in night shift bus drivers, with the r score of $-.647$ ($p < .05$). This means that the higher the family social support score, the lower the work stress score will be on night shift bus drivers. The variance of the work stress variable can be explained by using the family social support variable, scoring at 41.86% ($r^2 = -.647$).

Keywords: night shift bus drivers, family social support, work stress

Tujuan penelitian ini adalah melihat hubungan dukungan sosial keluarga terhadap stress kerja sopir bus malam. Subjek adalah para sopir bus malam ($N = 38$) di Temanggung yang diperoleh melalui simple random sampling. Data dukungan sosial keluarga dan data stres kerja diperoleh melalui pengisian angket, masing-masing terdiri atas 31 dan 20 butir. Hasil analisis korelasi yang menggunakan rumus Pearson Product Moment menunjukkan bahwa ada hubungan negatif yang signifikan antara dukungan sosial keluarga dan stres kerja sopir bus malam, dengan (r) sebesar $-.647$ ($p < .05$). Hal ini berarti semakin tinggi dukungan sosial keluarga, maka semakin rendah stres kerja pada sopir bus malam dan sebaliknya. Variansi skor variabel stres kerja dapat dijelaskan oleh variabel dukungan sosial keluarga sebesar 41.86% ($r^2 = -.647$).

Kata kunci: sopir bus malam, dukungan sosial keluarga, stres kerja

Nowadays, transportation is one of the most important features needed by humans in their daily activities. According to Salim (cited in Sukma, 2007), transportation is the media for humans to move objects, be it humans or other items from one place to another, with or without helping instruments. Even though transportation is important, not everyone has their own personal transportation method or vehicle.

There are a lot of companies dealing with the transportation service in Indonesia, be it on the road, sea, or air routes. From the three routes, the one that is most commonly used by Indonesians is the land route transportation, buses being one of them.

A bus is a huge public motorized vehicle, usually with four tires or more, that is capable of transporting

a lot of passengers at once. Buses help humans with their mobility a great deal, transporting humans and objects from one place to another, such as from one town to another or from one province to another.

In any kind of company, humans have an important role, both as individuals or as a group. As the resource of a company, humans are the main workers that deal with all the activities. Therefore, according to Muarif, there is a need for their quantity and quality to be managed and cared for (cited in Dewi, 2007).

One of the humans' important roles in supporting the transportation companies' activities is as drivers. In the transportation companies, drivers have the task of controlling or driving the buses. This task is not limited to just driving or operating the bus engine, but also with several responsibilities that must be fulfilled towards the company and passengers using the transportation service.

Based on the informal interview on the 11th-13th of May, 2010, on the drivers of PO. Safari Dharma Raya,

The author thanks Sutarto Wijono and Margareta Erna for their helpful guidance and supervision during the earlier versions of this article.

Correspondence concerning this article should be addressed to Adi Kurniawan Putra, Faculty of Psychology Universitas Kristen Satya Wacana, Jalan Diponegoro 52-60, Salatiga 50711. E-mail: akurta87@gmail.com