

ABSTRAK

HUBUNGAN *CULTURE SHOCK* DENGAN STRESS KERJA PERAWAT INDONESIA DI JEPANG

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Migrasi perawat ke Jepang seringkali dihubungkan dengan *culture shock* karena adanya perbedaan budaya, termasuk gaya hidup, bahasa, dan iklim, dapat menjadi sumber tambahan kelelahan, tekanan mental dan upaya fisik untuk *culture shock* ekstrim di tempat kerja baru sehingga dapat menyebabkan stress kerja. Tujuan dari penelitian ini adalah untuk mengetahui hubungan *culture shock* dengan stress kerja perawat Indonesia di Jepang. Desain penelitian ini adalah *cross sectional*. Populasi penelitian adalah seluruh perawat Indonesia yang bekerja di Jepang pada bulan Agustus 2023 yang berjumlah 60 orang, dengan teknik *accidental sampling* didapatkan 20 responden. Instrument penelitian ini adalah *Culture Distance Index* dari Mumford dan *Expanding Nursing Stress Scale* dalam bentuk *google form*. Analisa data menggunakan Uji Spearman Rho. Hasil penelitian menunjukkan bahwa setengah dari responden mengalami *culture shock* dan setengahnya tidak mengalami *culture shock* yaitu masing-masing 10 responden (50%). Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami stress kerja tingkat sedang yaitu 14 responden (70%). Hasil analisa data menunjukkan ada hubungan dengan keeratan sedang antara *culture shock* dengan stress kerja perawat, dan arah hubungan positif yang berarti bahwa perawat yang mengalami *culture shock* akan mengalami stress kerja yang lebih berat. Perawat yang mengalami *culture shock* mengalami stress karena selain mendapatkan tekanan karena perbedaan budaya, responden juga mengalami tekanan di tempat kerjanya sehingga banyak stressor yang didapatkan dan menyebabkan stress.

Kata kunci: *culture shock*, stress kerja, perawat, Jepang

ABSTRACT

THE RELATIONSHIP OF *CULTURE SHOCK* WITH WORK STRESS OF INDONESIAN NURSES IN JAPAN

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Migration of nurses to Japan is often associated with *culture shock* because cultural differences, including lifestyle, language and climate, can be an additional source of fatigue, mental stress and physical effort to extreme *culture shock* in a new workplace, which can cause work stress. The aim of this research was to determine the relationship between *culture shock* and work stress of Indonesian nurses in Japan. The design of this research was cross sectional study. The research population was all Indonesian nurses working in Japan in August 2023, totaling 60 people, using a purposive sampling technique to obtain 20 respondents. The instruments for this research are the Culture Distance Index from Mumford and the Expanding Nursing Stress Scale in the form of a Google form. Data analysis used the Spearman Rho Test. The research results showed that half of the respondents experienced *culture shock* and half did not experience *culture shock*, as many as 10 respondents (50%) each. The research results showed that the majority of respondents experienced moderate levels of work stress, as many as 14 respondents (70%). The results of data analysis show that there is a moderately close relationship between *culture shock* and nurses' work stress, and the direction of the relationship is positive, which means that nurses who experience *culture shock* will experience more severe work stress. Nurses who experience *culture shock* experience stress because apart from experiencing pressure due to cultural differences, respondents also experience pressure in their workplace so that they experience many stressors and cause stress.

Key words: *culture shock*, work stress, nurses, Japan