



THE OCCUR OF EDUCATION LEVEL, MARITAL STATUS, AND YEARS OF WORK-ON-WORK STRESS AMONG NURSES IN PRIMARY HEALTH CENTERS IN PURBALINGGA, INDONESIA

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Abstract. According to the World Health Organization (2022), work stress can adversely affect health and exacerbate mental health issues, including clinical mental disorders and emotional states such as stress, grief, sadness, and anxiety. WHO (2024) estimates that the global cost of managing depression and anxiety is approximately US\$1 trillion. Factors influencing work stress include education level, marital status, and years of service. Work stress negatively impacts job performance quality and increases the risk of workplace accidents. To identify the most dominant factors influencing work stress among nurses in primary health centers in Purbalingga. This study employed a quantitative research design with a survey method and an analytical cross-sectional approach. The study population consisted of 280 nurses working in inpatient and outpatient primary health centers in Purbalingga Regency. A purposive sampling technique was used to select 169 respondents. Data were collected using a work stress questionnaire distributed online via Google Forms. Data analysis included univariate, bivariate, and multivariate methods using chi-square tests and multiple logistic regression. As many as 169 nurses participated as respondents, comprising 92 inpatient nurses (54.4%) and 77 outpatient nurses (45.6%). The most influential variable was years of service, with an Odds Ratio of 1.328. This situation indicates that nurses with more than two years of service are 1.328 times more likely to experience work stress than those with two years or less. Nurses with longer years of service (more than two years) are advised to adopt consistent stress management practices compared to those with two years or less of service.

Keywords: nurses, work stress, marital status, years of work