

THE RELATION BETWEEN WORK LOAD AND JOB STRESS AMONG THE MEMBERS OF SECURITY INTELLIGENCE POLICE OFFICERS

Rino Agus Saputra
Emi Zulaifah

ABSTRACT

This research aims to examine the relation between work load and job stress. The hypothesis in this research is that there is a positive relation between workload and job stress. The subjects in this research were 78 members of police from intelligence security with age ranged from 19 to 55 years old. This research used two measuring instruments. First, the job stress scale compiled by the researcher based on the stress aspects of Robbins and Judge (2008). The Second is the workload scale arranged by the researcher based on the aspects of Tarwaka (2015). The results shows that there was a positive and significant relation between workload and job stress ($r = 0.424$ and $p = 0.000$ ($p < 0.05$)). The higher the level of workload being experienced, the higher the level of work stress among police officers. Conversely, the lower level of workload is felt the lower the work stress of the police. This shows that the workload has effective contribution to the work stress by 18%.

Keywords: *work stress, workload, Police officer*