

RELATIONSHIP BETWEEN SELF EFFICACY AND WORK STRESS AIR TRAFFIC CONTROLLER AT THE AIRPORT

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ABSTRACT

This study aims to determine the relationship between self efficacy and work stress among Air Traffic Controllers in one airport in Indonesia .The hypothesis of this study is that there is a negative relationship between self efficacy and work stress among Air Traffic Controller. The subjects in this study involved 70 Air Traffic Controllers working with AirNav Indonesia, with age range of 21 to 50 years, 50 males and 20 females. The research instrument was self-efficacy scales with 18 items ($\alpha = 0.888$) and work stress scales with 24 items ($\alpha = 0.899$). Both of the scales are arranged in likert scaling model. The statistical analysis used Pearson product moment a computer with SPSS Version 17.0. The results of data analysis using the Pearson product moment showed r coefficient of -0.634 and $p = 0.000$ ($p < 0.05$) The results indicated that there was a negative correlation between self-efficacy and work stress. The research hypothesis was supported.

Keywords: Self Efficacy, Work Stress, Air Traffic Controller