

ABSTRAK

GAMBARAN PERILAKU *WORKAHOLISM* PADA MAHASISWA KESEHATAN DI UNIVERSITAS JENDERAL SOEDIRMAN

Adinda Arka Maulita, Hasby Pri Choiruna, Wahyu Ekowati

Latar Belakang: Mahasiswa saat ini dituntut untuk mencapai prestasi akademik, sekaligus menjadi individu yang kuat, mandiri dan produktif untuk mendapat pengakuan dari orang lain. Hal ini sesuai dengan Teori Hierarki Kebutuhan Dasar Maslow tingkat empat, yaitu Kebutuhan Harga Diri. Namun, adanya tuntutan tersebut mahasiswa berisiko memiliki perilaku *workaholism*. Perilaku *workaholism* yaitu perilaku individu yang tidak terkendali dengan pekerjaannya tanpa memikirkan waktu istirahat yang berdampak negatif terhadap kesehatan psikis, fisik dan hubungan sosial. Tujuan penelitian ini untuk mengidentifikasi gambaran perilaku *workaholism* mahasiswa kesehatan di Unsoed

Metodologi: Penelitian deskriptif kuantitatif dengan pendekatan *cross sectional* yang melibatkan 347 mahasiswa kesehatan Unsoed dengan menggunakan *cluster random sampling*. Data diperoleh melalui pengisian kuesioner *Workaholism Addiction Risk Test (WART)* berbentuk *google form* kemudian diolah menggunakan analisis univariat.

Hasil Penelitian: Responden penelitian ini mayoritas usia 20 tahun, berjenis kelamin perempuan, mengikuti kegiatan kepanitiaan dan responden terbanyak jurusan keperawatan. Responden berperilaku *workaholism* tingkat sedang sebanyak 198 mahasiswa (57,1%), tingkat rendah sebanyak 133 mahasiswa (38,3%), dan tingkat tinggi, sebanyak 16 mahasiswa (4,6%).

Kesimpulan: Mayoritas responden berperilaku *workaholism* tingkat sedang dan tinggi cenderung berdampak negatif pada mahasiswa. Oleh karena itu, peneliti selanjutnya direkomendasikan meneliti jumlah dan durasi kegiatan setiap mahasiswa dengan perilaku *workaholism*.

Kata kunci: Kebutuhan harga diri, Mahasiswa kesehatan, WART, *Workaholism*

ABSTRACT

DESCRIPTION OF WORKAHOLISM BEHAVIOR IN UNDERGRADUATE HEALTH STUDENT AT JENDERAL SOEDIRMAN UNIVERSITY

Adinda Arka Maulita, Hasby Pri Choiruna, Wahyu Ekowati

Background: Students today must achieve academic excellence, become strong, independent, and productive individuals. This must be achieved to be recognized by others. This is related to Maslow's Hierarchy of Basic Needs Theory level four, namely the need for self-esteem. However, these demands put students at risk of having workaholism behavior to gain recognition and confidence. Workaholic behavior is the behavior of individuals who are uncontrollable with their work without thinking about rest time. Workaholism tends to have a negative impact on psychological health, physical health, and social relationships. The purpose of this study was to determine and identify the description of the workaholism behavior of health students at Unsoed.

Methodology: Quantitative descriptive research with a cross-sectional approach involving 347 Unsoed health students using cluster random sampling. Data were obtained by filling out the Workaholism Addiction Risk Test (WART) questionnaire in a Google form and then processed using univariate analysis.

Results: The majority of respondents in this study were 20 years old, female, participated in committee activities and the most respondents majored in nursing. Respondents of this study had moderate workaholism behavior in as many as 198 students (57.1%), low-level workaholism behavior in as many as 133 students (38.3%), and high-level workaholism behavior, in as many as 16 students (4.6%). Based on the characteristics of the respondents, moderate levels of workaholism behavior and the impact felt by students on the activities they participate in tend to have a negative impact on individuals.

Conclusion: The majority of respondents have moderate levels of workaholism behavior so the impact felt by students tends to be negative towards the activities they participate in and some even have high levels of workaholism. Therefore, further research is recommended to examine the correlation between the number of activities of each student and workaholism behavior.

Keywords: Esteem Needs, Undergraduate health students, WART, Workaholism