

## ABSTRACT

### ANALYSIS OF THE RELATIONSHIP BETWEEN STRESS LEVELS AND WORKING HOUR PATTERNS ON THE DURATION OF FERTILITY RETURN AMONG FEMALE WORKERS IN THE AGRONOMY SECTOR OF LAMPUNG PROVINCE

By

AISYAH FITRI SABRINA

**Background:** Fertility plays an important role in reproductive health, which is influenced by various complex factors, including physical condition, work environment, and socio-economic factors. Stress levels and work shift patterns are risk factors for the duration of return to fertility. With the increasing participation of women in the workforce in Indonesia, particularly in the agronomy sector, research on the impact of these factors is suspected to be related to a woman's fertility. This study aims to determine whether there is a relationship between stress levels and work shift patterns on the duration of return to fertility.

**Methods:** Quantitative research with a cross-sectional design. The research sample consisted of 100 female workers at PT Great Giant Pineapple through simple random sampling technique. The questionnaire used in this study was the Perceived Stress Scale-10 (PSS-10) stress level questionnaire. Bivariate data analysis used the chi-square test ( $\alpha < 0.05$ ).

**Results:** Statistically, there was no significant relationship between stress levels and the duration of return to fertility; however, clinically there was a relationship between stress levels and the duration of return to fertility by a factor of 1.17 times ( $p = 0.476$  and  $PR = 1.17$ ). Because the distribution of night shift numbers performed by female workers in the agronomy sector was equal, work shift patterns could not be tested statistically.

**Conclusions:** : Clinically, stress levels were associated with the duration of return to fertility in female workers by a factor of 1.17 times.

**Keywords:** duration of fertility return, stress level, work schedule patterns.

## ABSTRAK

### ANALISIS HUBUNGAN TINGKAT STRES DAN POLA JAM KERJA TERHADAP LAMA KEMBALINYA KESUBURAN PADA PEKERJA WANITA DI SEKTOR AGRONOMI PROVINSI LAMPUNG

Oleh

AISYAH FITRI SABRINA

**Latar Belakang:** Kesuburan memiliki peranan penting dalam kesehatan reproduksi yang dipengaruhi oleh berbagai faktor kompleks, meliputi kondisi fisik, lingkungan pekerjaan, dan faktor sosial-ekonomi. Tingkat stres dan pola jam kerja menjadi faktor risiko dari lama kembalinya kesuburan. Seiring dengan meningkatnya partisipasi wanita dalam dunia kerja di Indonesia, khususnya sektor agronomi, penelitian mengenai dampak faktor-faktor tersebut diduga berkaitan dengan kesuburan seorang wanita. Penelitian ini bertujuan untuk mengetahui ada tidaknya hubungan tingkat stres dan pola jam kerja terhadap lama kembalinya kesuburan.

**Metode:** Penelitian kuantitatif dengan desain *cross-sectional*. Sampel penelitian sebanyak 100 orang yang merupakan pekerja wanita di PT Great Giant Pineapple yang diambil melalui teknik *simple random sampling*. Kuesioner yang digunakan dalam penelitian ini adalah kuesioner tingkat stres *Perceived Stress Scale-10* (PSS-10). Analisis data bivariat menggunakan uji *chi-square* ( $\alpha < 0,05$ ).

**Hasil:** Secara statistik, tidak terdapat hubungan antara tingkat stres dengan lama kembalinya kesuburan, tetapi secara klinis terdapat hubungan antara tingkat stres dengan lama kembalinya kesuburan sebesar 1,17 kali ( $p = 0,476$  dan  $PR = 1,17$ ). Dikarenakan pembagian jumlah *shift* malam yang dijalani oleh pekerja wanita di sektor agronomi tersebut sama, maka pola jam kerja tidak dapat diuji secara statistik.

**Kesimpulan:** Secara klinis, tingkat stres berhubungan dengan lama kembalinya kesuburan pada pekerja wanita sebesar 1,17 kali.

**Kata Kunci:** lama kembalinya kesuburan, pola jam kerja, tingkat stres.