

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kematangan emosi dengan stress kerja. Hipotesis dalam penelitian ini adalah ada hubungan yang negatif antara kematangan emosi dengan stress kerja pada bintanga remaja Direktorat Samapta di Polda Daerah Istimewa Yogyakarta. Subjek dalam penelitian ini sebanyak 70 subjek. Pengambilan subjek menggunakan purposive sampling dengan data dikumpulkan menggunakan Skala Kematangan emosi dan Skala Stres kerja. Data analisis menggunakan korelasi product moment dari Pearson dengan *computer software*. Berdasarkan hasil analisis, diperoleh koefisien korelasi (r_{xy}) = -0,393 diketahui bahwa terdapat korelasi negatif antara kematangan emosi dengan stress kerja. Adapun sumbangan kontribusi sebesar sebesar 23,5% terhadap stres kerja dan sisanya 76,5% dipengaruhi oleh faktor-faktor lain.

Kata Kunci: Kematangan emosi, Stres kerja, Ditsamapta Polda DIY

ABSTRACT

This study aims to determine the relationship between emotional maturity and job stress. The hypothesis in this study is that there is a negative relationship between emotional maturity and job stress in the youth non-commissioned officers of the Samapta Directorate at the Regional Police of the Special Region of Yogyakarta. The participants in this study consist of 70 subjects. Subjects were taken using purposive sampling with data collected using the Emotional Maturity Scale and Work Stress Scale. Data was analyzed using product moment correlation from Pearson with computer software. Based on the results of the analysis, the correlation coefficient (r_{xy}) = -0.393 which indicates that there is a negative correlation between emotional maturity and work stress. The main aspect that contributed to these results are of 23.5% stress from work and the remaining 76.5% being influenced by other factors.

Keywords: *Emotional Maturity, Job Stress, Ditsamapta Polda DIY*

