

ABSTRAK

TINGKAT STRES KERJA PADA SARJANA *FRESH GRADUATE* BIMBINGAN
DAN KONSELING UNIVERSITAS SANATA DHARMA

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2026

Sarjana *fresh graduate* Bimbingan dan Konseling menghadapi tekanan besar saat memasuki dunia kerja, mulai dari ketidaksesuaian bidang pekerjaan, beban kerja tinggi, hingga ekspektasi bahwa sebagai lulusan yang memahami kesehatan mental, mereka seharusnya lebih mampu mengelola stres. Fenomena ini menunjukkan adanya kesenjangan antara pengetahuan teoritis dan realitas di lapangan yang berpotensi menimbulkan stres kerja. Penelitian ini bertujuan untuk: (1) Mengukur Tingkat Stres Kerja Pada Sarjana *Fresh Graduate* Program Studi Bimbingan dan Konseling Universitas Sanata Dharma; (2) Mengidentifikasi butir item skala Tingkat stres kerja mana saja yang teridentifikasi tinggi dan bisa diusulkan sebagai topik bimbingan.

Penelitian ini menggunakan desain kuantitatif deskriptif. Penelitian dilaksanakan di Universitas Sanata Dharma Yogyakarta dengan sumber data berupa sarjana *fresh graduate* Program Studi Bimbingan dan Konseling yang telah bekerja, berjumlah 53 responden. Pengumpulan data dilakukan melalui metode survei menggunakan skala tingkat stres kerja dengan 44 item valid yang mencakup tiga aspek, yaitu fisiologis, psikologis, dan perilaku.

Hasil penelitian menunjukkan bahwa mayoritas sarjana *fresh graduate* Bimbingan dan Konseling Universitas Sanata Dharma berada pada kategori stres kerja sedang (53%). Sebanyak 4% berada pada kategori sangat tinggi, 8% tinggi, 23% rendah, dan 13% sangat rendah. Analisis butir item menunjukkan 50% item berkategori sangat tinggi, 32% tinggi, dan 18% sedang, tanpa satu pun item yang masuk kategori rendah maupun sangat rendah. Seluruh aspek stres kerja, yaitu fisiologis, psikologis, dan perilaku, dirasakan secara merata dalam intensitas yang cukup tinggi. Temuan ini mengimplikasikan perlunya program bimbingan yang mencakup topik manajemen kecemasan, regulasi emosi, penanganan prokrastinasi, optimalisasi kinerja, *sleep hygiene*, dan *work-life balance* bagi sarjana *fresh graduate*.

Kata Kunci: stres kerja, *fresh graduate*, bimbingan dan konseling, Universitas Sanata Dharma

ABSTRACT

WORK STRESS LEVELS AMONG FRESH GRADUATE SCHOLARS OF GUIDANCE AND COUNSELING AT SANATA DHARMA UNIVERSITY

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Fresh graduate scholars of Guidance and Counseling face considerable pressure upon entering the workforce, including job mismatches, high workloads, and the implicit expectation that, as graduates trained in mental health, they should be better equipped to manage stress. This phenomenon reveals a gap between theoretical knowledge and workplace reality that can lead to significant work stress. This study aims to: (1) Measure the level of work stress among fresh graduate scholars of the Guidance and Counseling Study Program at Sanata Dharma University; (2) Identify which items of the Work Stress Level Scale are identified as high and can be proposed as guidance topics.

This study employed a descriptive quantitative design. The research was conducted at Sanata Dharma University, Yogyakarta, with data sourced from 53 employed fresh graduate scholars of the Guidance and Counseling Study Program. Data were collected through a survey using a work stress scale comprising 44 valid items across three aspects: physiological, psychological, and behavioral. Data were analyzed descriptively using categorization based on theoretical mean and standard deviation.

The findings indicate that the majority of fresh graduate scholars of Guidance and Counseling at Sanata Dharma University fall within the moderate work stress category (53%). Meanwhile, 4% were in the very high category, 8% high, 23% low, and 13% very low. Item analysis showed that 50% of items were categorized as very high, 32% high, and 18% moderate, with no items falling in the low or very low categories. All three aspects of work stress were uniformly experienced at a considerable intensity. These findings imply the need for guidance programs covering anxiety management, emotion regulation, procrastination management, performance optimization, sleep hygiene, and work-life balance for fresh graduates.

Keywords: work stress, fresh graduate, guidance and counseling, Sanata Dharma University