

# Description of the Level of Stress on the Performance of South Kalimantan Regional Police's Biddokkes Personnel During the Covid-19 Pandemic

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## ABSTRACT

Now the National Police no longer only handles crime, street crime, white collar crime, radicalism and drug problems, but also as the National Task Force for the Acceleration of Handling Covid-19, the National Police has a number of additional tasks, including accelerating vaccination for the community. In particular, the South Kalimantan Regional Police Biddokkes work unit has carried out vaccination efforts for the community in South Kalimantan Province, this has increased the workload for South Kalimantan Regional Police Biddokkes personnel with various main tasks that are inherent in the general Health Biddokkes function. This research is a descriptive method with a cross-sectional approach, aimed at finding out the description of the level of stress on the performance of the South Kalimantan Regional Police's Medical and Health Services personnel during the Covid-19 pandemic. The sampling technique was carried out using purposive sampling with a sample size of 82 respondents. The research results showed that the highest percentage were personnel with moderate levels of stress, 48 (58%), the lowest percentage with very severe levels of stress, 12 (15%), normal stress, 8 (10%), mild stress, 14 (17%), and severe stress. 12 (15%). It is recommended to the Head of Biddokkes to optimize counseling guidance so that the stress experienced by personnel can be controlled well, how to manage stress properly, assignments are not excessive, and the importance of motivation and support from the family.

**Keywords:** *Stres, Covid 19, Bidokkes Personnel*

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**Received:** October 20, 2023

**Revised:** November 15, 2023

**Accepted:** December 17, 2023

**Published:** January 12, 2024



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## 1. INTRODUCTION

The world is facing a problem that has not yet ended, the COVID19 pandemic. COVID19 is an infectious disease caused by the coronavirus. The virus was first discovered in Wuhan, China in December 2019. The COVID19 pandemic has hit many countries in the world. It infected more than 16.5 million people and caused more than 645,000 deaths worldwide. (Contan Health, 2020)

According to Indonesia's current central statistics, there are 418,375 confirmed cases, 54,732 active cases (accounting for 13% of confirmed cases), 349,497 recovered cases (accounting for 83.5% of confirmed cases) and 14,146 deaths (accounting for 3.4% of confirmed cases). In South Kalimantan Province there are 11,909 confirmed cases, including 6,094 men and 5,612 women. (COVID19, 2020)

The government has currently made various efforts to deal with the Covid-19 pandemic. in the health sector, the government has made efforts to accelerate the

implementation of tracing, testing and treatment (3T), provide antiviral drugs for the treatment of Covid-19 patients, fulfill oxygen needs, accelerate vaccination for the entire Indonesian population. The government is accelerating the vaccination program to quickly achieve communal immunity or herd immunity, because it believes that. Vaccination has a central role in handling Covid-19 and national economic recovery. Currently the vaccination program has reached 66.5 million vaccinations consisting of 46.7 million first doses and 19.8 million second doses.

Now the National Police no longer only handles crime, street crime, white collar crime, radicalism and drug problems, but also as the National Task Force for the Acceleration of Handling Covid-19, the National Police has a number of additional tasks, including accelerating vaccination for the community. In particular, the South Kalimantan Police Biddokkes work unit has carried out vaccination efforts for the community in South Kalimantan Province, this has increased the workload for South Kalimantan Regional Police Biddokkes personnel with various main tasks that are inherent in the Biddokkes function in general, after conducting a preliminary study there are several Biddokkes personnel who experience moderate levels of stress.

Stress that occurs at work is usually called job stress. Work stress is a condition of tension that creates a physical and psychological imbalance, which affects the emotions, thought processes and condition of a worker. Stress at work (Job Stress) is a stressful experience related to work. (King, 2010). Based on this background, researchers are interested in conducting research entitled "Description of Stress Levels on the Performance of South Kalimantan Regional Police Biddokkes Personnel During the Covid 19 Pandemic"

## 2. METHODS

This research is a descriptive method with a cross-sectional approach, aimed at finding out the description of the level of stress on the performance of the South Kalimantan Regional Police's Medical and Health Services personnel during the Covid 19 pandemic. The sampling technique was carried out using purposive sampling with a sample size of 82 respondents.

## 3. RESULTS AND DISCUSSION

Table 1

Frequency Distribution of Respondent Characteristics Description of Stress Levels on the Performance of South Kalimantan Regional Police's Biddokkes Personnel During the Covid 19 Pandemic Based on Gender

Gender	<i>f</i>	%
Male	61	74
Female	21	26

Based on table 1, it can be seen that in this study, 61 respondents were men (74%), then 21 respondents were women (26%).

Table 2

Frequency Distribution of Respondent Characteristics Description of Stress Levels on the Performance of South Kalimantan Regional Police's Biddokkes Personnel During the Covid 19 Pandemic Based on Age

Age	<i>f</i>	%
20-29 years old	23	28
30-39 years old	14	17

>40 years old	45	55
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Based on table 2, it can be seen that in this study the majority of respondents aged >40 years were 45 people (55%), then respondents aged 20-29 years were 23 people (28%), then respondents aged 30-39 years. as many as 14 people (17%).

Table 3

Frequency Distribution of Respondent Characteristics Description of Stress Levels on the Performance of South Kalimantan Regional Police's Biddokkes Personnel During the Covid 19 Pandemic

No	Level of Stress	<i>f</i>	%
1	Normal	8	10
2	Mild	14	17
3	Moderate	48	58
4	Severe	12	15
5	Very severe	0	0

Based on table 3, it can be seen that in this study the respondents who were taken at moderate stress levels were 48 people (58%), then the mild stress level was 14 people (17%), then the severe stress level was 12 people (15%), then the level of normal stress as many as 8 people (10%).

## Discussion

The research results showed that the highest percentage were personnel with moderate levels of stress, 48 (58%), the lowest percentage with very severe levels of stress, 12 (15%), normal stress, 8 (10%), mild stress, 14 (17%), and severe stress. 12 (15%). Of the 14 questions contained in the questionnaire for biological symptoms, cognition and emotions, the highest score was for personnel to answer with the option sometimes in each statement given.

According to the research journal (Mufadhal et al, 2017) stress can cause several responses, namely: thought responses in the form of loss of self-confidence, fear of failure, excessive anxiety, and thinking about things excessively. Behavioral responses include withdrawing from the surrounding environment, increasing or decreasing appetite drastically, and consuming drugs. The body's response is an increased heart rate, feeling of palpitations, feeling tired quickly, being susceptible to pain, and sweaty palms. The emotional responses include irritability, depression and fear.

Stressful situations like this cannot be tolerated. If it is not handled quickly, it will result in personnel becoming sick easily. Stress in very severe conditions can also cause mental fatigue and behavioral problems in the form of self-destruction,

withdrawn, uncontrolled emotions, antisocial, etc. Other impacts of stress also cause changes in the body, namely: changes in the central nervous and endocrine systems, respiratory system, cardiovascular system, digestive system, reproductive system and immune system. This greatly affects physical and psychological health at the same time.

## 4. CONCLUSION

An overview of the level of stress on the performance of the South Kalimantan Regional Police's Biddokkes personnel during the Covid-19 pandemic was obtained as many as 48 personnel (58%) with moderate levels of stress. to the Head of Biddokkes to optimize counseling guidance so that the stress experienced by personnel can be controlled well, how to manage stress properly, not giving excessive tasks, and the importance of motivation and support from the family. which has a huge mental impact when carrying out activities.

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