

ABSTRAK

Latar Belakang : pandemi COVID-19 menyebabkan beban kerja pada tenaga Kesehatan menjadi lebih meningkat. Beban tenaga yang meningkat menyebabkan kondisi fisik dan psikis lebih berat diantaranya adalah gangguan stres. Stres dapat terjadi karena terlalu tertekan terhadap tuntutan dan hambatan. Pada keadaan stres meningkatkan ekskresi hormon katekolamin, glukagon, glukokortikoid, β -endorfin dan hormone pertumbuhan. Stres menyebabkan kelebihan produksi kortisol, kortisol suatu hormon yang melawan efek insulin dan menyebabkan kadar gula darah tinggi.

Tujuan : Penelitian ini bertujuan untuk mengetahui Hubungan Stres Dengan Kadar Gula Darah Pada Tenaga Kesehatan Di Puskesmas HAH Hasan Kota Binjai

Metode : Desain penelitian ini menggunakan metode *Analitik-Deskriptif*. Teknik pengambilan sampel pada penelitian ini menggunakan Teknik Total sampling dengan jumlah sampel 41 orang. Hasil data penelitian dilakukan melalui uji univariat dan bivariat. Uji analisis hipotesa dilakukan dengan rumus *Somers'd*.

Hasil : Berdasarkan hasil analisis menunjukkan bahwa rentang usia >45 tahun sebanyak 18 orang (43.9%), jenis kelamin perempuan sebanyak 29 orang (70.7%) dan Pendidikan S1 sebanyak 32 orang (78.9%) dengan mayoritas responden stres berat sebanyak 24 orang (58.6%) dan kadar gula darah tinggi sebanyak 28 orang (68.3%). Hasil penelitian ini ada hubungan yang signifikan antara stress dengan tenaga Kesehatan di masa pandemi COVID-19 dengan nilai p yang didapatkan sebesar 0.022 ($p < 0.05$)

Kesimpulan : Terdapat hubungan positif yang signifikan antara stres dengan kadar gula darah pada tenaga Kesehatan di masa pandemic COVID-19 di puskesmas HAH Hasan Kota Binjai

Kata Kunci : Stres, Kadar Gula Darah , Tenaga Kesehatan dan Pandemi COVID-19

ABSTRACT

Background: *The COVID-19 pandemic has caused the workload on health workers to increase. Increased energy loads cause more severe physical and psychological conditions, including stress disorders. Stress can occur due to being overly pressured by demands and obstacles. Under stress conditions increase the excretion of catecholamine hormones, glucagon, glucocorticoids, β -endorphins and growth hormone. Stress causes an overproduction of cortisol, a hormone that counteracts the effects of insulin and causes high blood sugar levels.*

Purpose: *This study aims to determine the relationship between stress and blood sugar levels in health workers at the HAH Hasan Health Center, Binjai City*

Methods: *The design of this study uses the Analytical-Descriptive method. The sampling technique in this study used a total sampling technique with a total sample of 41 people. The results of the research data were carried out through univariate and bivariate tests. The hypothesis analysis test was carried out using the Somers'd formula.*

Results: *Based on the results of the analysis showed that the age range > 45 years was 18 people (43.9%), female sex was 29 people (70.7%) and S1 education was 32 people (78.9%) with the majority of respondents with severe stress as many as 24 people (58.6 %) and high blood sugar levels in 28 people (68.3%). The results of this study showed that there was a significant relationship between stress and health workers during the COVID-19 pandemic with a p value of 0.022 ($p < 0.05$).*

Conclusion: *There is a significant positive relationship between stress and blood sugar levels in health workers during the COVID-19 pandemic at the HAH Hasan Health Center, Binjai City*

Keywords: *Stress, Blood Sugar Levels, Health Workers and the COVID-19 Pandemic*