

Stress Management In Traders During Covid-19 Pandemic In Ringinrejo Hamlet Kebonsari Village Kademangan District Blitar Regency

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ABSTRACT

Everything changed drastically when covid-19 invaded the world. Starting from the economic order, state policies, from the largest to the smallest structures, are no exception with traders. The changes that occur both large and small, make it difficult for many people to re-adjust. If pulled in more depth, there will be emotional instability, the appearance of various anxiety disorders, to stress. The purpose of this study is to find out the stress management of traders during the covid-19 pandemic in Ringinrejo Hamlet Kebonsari Village Kademangan district Blitar Regency. The research method used in this study is qualitative method. This study uses Snawball Sampling technique. The population in this study was the people of Ringinrejo Hamlet Kebonsari Village Kademangan district Blitar Regency with a sample count of 7 Respondents and 7 source triangulation. The Data collection process was conducted with in-depth interviews, observations and documentation on traders in Ringinrejo Hamlet. Data analysis techniques through data collection stages, data reduction, data display and conclusion verification. Test the validity of data using source triangulation. The results showed that traders during this pandemic emerged symptoms of mild stress such as health and emotional problems. The main factors influencing the stress of traders in the pandemic are the difficulty of selling during the pandemic and the fear of contracting the virus from others. Various ways are done by traders to overcome stress so as not to cause severe stress until there is depression such as exercising, telling stories with family, staying positive, praying, gathering with the surrounding environment, watching soap operas, watching football, eating healthy foods so that the immune system does not go down and limits information related to covid-19. Stress can affect a person's physical, mental and emotional state. Therefore it is important for everyone to have knowledge and ability in managing stress. By understanding the theory and concept of stress, one can have full power in controlling oneself and his emotions so that he can optimize his abilities and strengths.

Keywords : trader stress management, stress during the covid-19 pandemic

INTRODUCTION

Coronavirus disease pandemic 2019 or covid-19 is now rampant and has an impact on various life lines. Not only adversely affects physical health, covid-19 is one of the psychosocial stressors that can affect mental health. How not, in addition to endless social restrictions, the public is also made to worry about television news and other media that every day shows the increasing number of cases of covid-19 that is soaring to date. The covid-19 outbreak raises fears and anxieties for all walks of life, especially by private workers in this regard in relation to traders, plus other factors can affect work stress. Therefore, it is necessary to manage the right stress in the face of the covid-19 pandemic.

Some journalists mention that pandemic covid-19 causes work stress, both from medical circles, educators, other public services to the self-employed, from one of the journals entitled "Profile of Stress Conditions in the Pandemic covid-19 As the Basis of

Intervention In Micro-Counseling Practice" there are mentioned from several speakers from different scopes of work as much as 30% experience mild stress, 65% experience moderate stress and the other 5% experience high stress.

Being in the vortex of the covid-19 pandemic for an indefinite period, making MSMEs such as grocery stores, food stalls, mobile vegetable traders etc become one of the sectors affected. One grocery store such as grocery stores that sell daily necessities, such as rice, cooking oil, flour, sugar and some similar products, complained of experiencing a very significant decrease in their sales results usually. Various things are striving to survive in difficult times like this. With these conditions, of course traders must continue to twist their brains, in order to increase sales turnover in the midst of the covid-19 pandemic.

In Ringinrejo Hamlet there are about 9 small traders such as grocery stores, food stalls and mobile vegetable traders. Some of these food stalls and grocery stores are around the school, in this case due to the decrease in income due to the school being replaced with an online system or home learning.

To prevent the occurrence of mental disorders during the covid-19 pandemic, stress management is required. Stress management can be used as a tip to reduce the adverse effects of perceived stress experiences so as not to become depressed or anxiety to depression caused by covid-19. The first way is to recognize the source of stress and adapt to the new normal conditions today. Then change the negative mindset by learning to think positively in the current situation. It is better to stay home alone and avoid negative news that triggers anxiety. Don't get bored to implement a healthy lifestyle, increase physical activity, and take the time to relax by doing activities or hobbies that are favorite. Based on the above phenomenon the author is interested in knowing the stress management of traders during the covid-19 pandemic.

METHODS

This research uses qualitative descriptive research methods. The main purpose of qualitative research is to understand social phenomena or symptoms by focusing more on a complete picture of the phenomenon studied rather than detailing them into interrelated variables. The hope is to obtain a deep understanding of the phenomenon for the next produced a theory, where researchers want to explore how the stress management of traders during the covid-19 pandemic in Ringinrejo Hamlet Kebonsari Village Kademangan District Blitar Regency in June 2021. The population in this study was the people of Ringinrejo Hamlet Kebonsari Village Kademangan District Blitar Regency. The number of samples in this study as many as 7 respondents from the total population of 9 traders. Sampling technique used in this study is Snowball sampling is as a sample determination technique that is first a small number, then this sample is told to choose his friends to be sampled so on, so that the number of samples more and more.

RESULTS

The characteristics of informants in this study are based on the level of education, namely 2 out of 7 respondents junior high school educated, 4 out of 7 respondents is senior high school educated, and 1 in 7 respondents is bachelor degree educated . While based on the age range between 20-30 years as many as 1 respondents, age 31-40 years as many as 1 respondents and over 40 years as many as 5 respondents. All respondents are traders with various types of trading. Source Triangulation amounted to 7 people consisting of 6 people are the families of respondents and 1 employee of respondents. The results showed there are symptoms of stress during trading during the covid-19 pandemic, namely emotional symptoms such as feeling anxious, worried, restless, sad and irritable. Physical symptoms such as feeling body aches, sleeplessness, fatigue and increased blood pressure. Factors that

cause work stress on the subject, namely for the source of stress itself of course fear of contracting the covid-19 virus that has been very concerning, the difficulty of selling in the pandemic due to the decline of the community economy, many schools closed from the beginning of the pandemic also impacted traders around the school area, not to mention for parents who have school children, the source of stress comes from the difficulty of teaching children to learn and do schoolwork increasingly many and added news on television and the surrounding environment that increasingly triggers public anxiety. Stress management conducted by the respondents is to increase worship, tell their grievances to other families, gather with the surrounding environment, watching soap operas, watching football, do sports, keep thinking positively and comply with health protocols to stay calm and not worry, consume healthy food, and limit information about covid-19. As stated respondents 01 who work as a merchant sembako "That there buk I often dizzy, yes dizzy because of this covid lho confused also looking for money, I also often hear news covid19 in the news although I'm afraid, the source itself is afraid of contracting covid-19 and also from seeing the news on television, usually to cope with the stress I see soap opera kalau've dizzy really story to husband"

DISCUSSION

According to Selye (in Harjana, 2006) the symptoms of stress are classified into several groups, namely: Physical Symptoms: headache, irregular sleep, insomnia, waking up too early, back pain, especially at the bottom, diarrhea, colitis, difficulty defecation, constipation, itching of the skin, strained veins especially on the neck and shoulders, impaired digestion, high blood pressure, heart attack, excessive sweating, changing appetite, fatigue, or loss of energy, and increasingly make mistakes or mistakes in work and life. Emotional Symptoms: restlessness, anxiety, sadness, depression, easy crying, languishing soul or mood swings, irritability, nervousness, feeling insecure or low self-esteem, irritability, attackability, and hostility. Intellectual Symptoms: difficulty in concentration, difficulty making decisions, easy to forget, chaotic thoughts, decreased memory, excessive daydreaming, thoughts filled with just one thought, loss of a healthy sense of humor, decreased productivity or work performance, low work quality, and in work increasing the number of mistakes made. Interpersonal Symptoms: loss of trust in others, easy to trouble others, easy to cancel appointments or not fulfill promises, like to find fault with others, attack people with words, take too fortify or defend themselves, and silence others. Based on the results in the field of stress symptoms that each respondent felt is different. From the results in the field most felt respondents is feeling worried, anxious or restless because faced with the current pandemic situation, and in the end there are some who complain of dizziness until the increase in blood pressure. Therefore, it is important to have good stress management so as not to cause more severe stress symptoms.

There are 3 factors that cause work stress, according to Cooper and Payne (in Irkhani, 2015) namely environmental factors, organizational factors and individual factors. Another factor that causes work stress according to Utami, et al (2017) is that there are several intrinsic factors of work where it is very potential to be the cause of stress and can lead to a state of mental distress. Rachmawaty, F, 2015 suggests determining factors of work stress such as discomfort in work. Based on the results in the field there are several factors that cause the occurrence of stress, the main factor is the difficulty of making a living at the time of the current pandemic which is characterized by a decrease in sales turnover, in addition to the fear of contracting the virus from others. External factors such as continuous media coverage also trigger the onset of stress for it is important to have information restrictions and it is important to filter the existence of every news.

WHO formulates strategies to deal with stress during the Covid-19 pandemic: Feeling

sad, depressed, confused, scared and angry is common during the crisis. Talking and sharing stories with people who can be trusted can help reduce the stress experienced, during this pandemic, staying at home is recommended to minimize the spread of viruses and physical contact with people, maintain a healthy lifestyle with adequate nutritional intake, good sleep patterns, exercise and interact with loved ones can be done while staying at home, avoid cigarettes, alcohol and narcotics to solve emotional problems, search for facts and updates that can help in determining the right stage of prevention and avoid invalid and credible news, reduce anxiety by limiting the media that disseminate information that makes increasingly anxious and afraid, optimizing the ability at hand to organize. Stress management or the way the subject does to control the stress felt while working. Of all the stress management that has been done by respondents it has all been very good to reduce the stress felt by respondents. It is important to note that respondents may exercise outside such as walking, gymnastics or gathering in the surrounding environment as long as they pay attention to health protocols.

CONCLUSION

Based on the symptoms of stress felt by respondents feel sad, anxious, worried and sometimes angry is common during trading during the pandemic that should not occur is the symptoms of these mild symptoms turn into severe symptoms and lead to depression and the danger is the appearance of symptoms that lead to physical such as headaches that increase in weight and increase blood pressure if it is not immediately overcome in fear of men cause more severe health problems such as heart attacks. Based on the results of the interview and observations that, respondents feel the benefits of stress management conducted, namely a positive impact on themselves. Respondents were able to control the perceived stress into a better direction and not cause stress with a heavier level until depression occurred. The importance of support from family or people around is very influential and good self-control is also very influential to reduce stress, and most importantly of all it is good self-control to regulate the emotions of the respondent itself.

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