

## Perceptions of Stress Levels Among Mothers in Pasir Angin Village, Megamendung Subdistrict, Bogor, Based on the Perceived Stress Scale (PSS-10)

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### Article Info

#### Keywords:

Stress, Posyandu Cadres, PSS-10, Mental Health

### ABSTRACT

Stress is a negative reaction that arises when an individual experiences excessive pressure resulting from demands, difficulties, or situations that exceed their ability to cope. This study aims to describe the level of stress among women who serve as Posyandu cadres in Pasir Angin Village, Megamendung District, Bogor. This research uses a quantitative approach with univariate analysis. The population consists of all Posyandu cadres in Pasir Angin Village, totaling 31 individuals, and the entire population was used as the sample. Data collection was conducted using the Perceived Stress Scale (PSS-10). The results show that most Posyandu cadres experience moderate stress, with 23 respondents (74.2%), followed by mild stress experienced by 6 respondents (19.4%), and severe stress by 2 respondents (6.5%). These findings indicate that the majority of respondents experience stress at a moderate level, reflecting psychological pressure that is still manageable but requires attention to prevent progression to severe stress. Psychological support and capacity building through stress management training, more equitable task distribution, and routine monitoring of the cadres' psychological condition are recommended to prevent increasing stress levels.

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## INTRODUCTION

Health development is a governmental and community-based effort carried out to optimally, integratively, and comprehensively improve the community's health status by involving public participation and focusing on health promotion, disease prevention, treatment, and rehabilitation so that people can achieve a holistic state of well-being. One of the strategies implemented by the government to enhance community health status is the development of

Community-Based Health Efforts (Upaya Kesehatan Bersumber Masyarakat/UKBM). This program represents health initiatives driven and managed by, from, for, and with the community in order to build independence and improve access to basic health services. Its implementation may take the form of village health posts (poskesdes), integrated service posts (posyandu), or active RW/village/kelurahan alert programs that serve as a platform for community participation in maintaining and improving their health (Health Promotion and Community Empowerment Directorate, Ministry of Health of the Republic of Indonesia, 2023).

Posyandu, or Integrated Service Posts, functions as an extension of Puskesmas in providing continuous and integrated services and monitoring of community health, designed to reach all segments of society—especially newborns, infants, toddlers, pregnant women, breastfeeding mothers, postpartum mothers, and couples of reproductive age. Posyandu cadres are individuals from the community appointed through communal agreement and who possess the willingness and ability to actively participate in various social activities on a voluntary basis without coercion. Cadres can also be defined as community members who have close proximity to the residents within their area, enabling them to contribute to improving community health status and raising public awareness regarding the importance of maintaining and safeguarding health independently and sustainably (Mardhiyah et al., 2021).

Stress is a condition in which an imbalance occurs between personal resources and the demands faced. According to Robbins and Coulter (2010:16), stress is a negative reaction that arises when an individual experiences excessive pressure as a result of demands, challenges, or opportunities that exceed their ability to cope. Meanwhile, Fincham & Rhodes in Munandar (2001:374) state that stress occurs due to a mismatch between an individual and their environment, which prevents them from meeting expectations. This condition may manifest through various physiological, behavioral, psychological, and somatic symptoms that indicate an individual is under pressure (Asih et al., 2018).

Based on a survey conducted by Statistics Indonesia (BPS), among individuals aged 17 to 30 years, 24.7% were found to be easily angered, 16% experienced excessive fear, and 24.7% frequently felt anxious. Meanwhile, among those aged 31 to 45 years, 15.8% were easily angered, 8.6% experienced excessive fear, and 15.4% frequently felt anxious. In the age group of 46 to 60 years, 9.8% were easily angered, 6.1% experienced excessive fear, and 12.7% frequently felt anxious. Lastly, among individuals over 60 years old, 10.4% were easily angered, 7.7% experienced excessive fear, and 13.2% frequently felt anxious. The survey was conducted from 16 to 25 February 2022, involving 254,817 respondents using a non-probability sampling design distributed through a snowball technique (Jayani, 2022).

Every individual faces various demands in life, both personal and social. Posyandu cadres, as community members who play an active role in health services, also encounter numerous pressures that may trigger stress. These pressures may originate from family responsibilities, social expectations, workload in Posyandu activities, and demands from the community or health institutions. In performing their roles, cadres are required to possess adequate knowledge and skills related to basic health services as well as the ability to interact effectively with the community. The multitude of responsibilities and expectations compels

cadres to adapt and work diligently. Such demanding conditions may lead to stress, particularly when support from the surrounding environment is insufficient.

Pasir Angin Gadog Village is one of the villages located in Bogor Regency, situated at an elevation of approximately 535–586 meters above sea level. The village covers an area of around 685.18 hectares and is inhabited by 11,832 residents from 3,530 households, with a population density of 17.27 people per hectare. According to data from the Bogor Regency Communication and Information Office (Diskominfo) in 2024, the majority of Pasir Angin residents adhere to Islam (98.72%), followed by Christianity (1.19%) and Buddhism (0.08%). In terms of education, the highest proportion of male residents completed elementary school or its equivalent (15.99%), while among female residents, 17.14% were elementary school graduates. Regarding employment, most male residents work as laborers (2,047 individuals or 17.3%), while female residents are predominantly homemakers (3,039 individuals or 24.68%). Based on age groups, the largest male population falls within the 10–14-year range (601 individuals or 5.08%), whereas the largest female population is in the 5–9-year range (579 individuals or 4.89%) (Diskominfo Bogor Regency, 2024).

## METHODS

This study employs a quantitative approach with a descriptive research design. The subjects of this study consist of all mothers who serve as Posyandu cadres in Pasir Angin Village, totaling 31 individuals. The instrument used is the standardized Indonesian version of the Perceived Stress Scale-10 (PSS-10), which comprises 10 items rated on a 0–4 Likert scale. The total score is categorized into three groups based on the standard PSS-10 guidelines: low stress (0–13), moderate stress (14–26), and high stress (27–40).

To analyze the data, simple cross-tabulation was conducted to observe the distribution of stress levels across age groups and occupational status. This descriptive analysis aims to identify patterns of perceived stress and determine whether demographic variations contribute to differences in stress experiences among Posyandu cadres. By examining stress levels through categorical comparisons, the study provides an initial overview of the psychosocial conditions faced by cadres, offering valuable insights for future intervention planning and community health empowerment programs.

## RESULTS AND DISCUSSION

The following section presents the frequency distribution of stress levels among Posyandu cadres in Pasir Angin Village, obtained from respondents' answers to the administered questionnaire. Stress levels are divided into three categories: mild, moderate, and severe. The results are presented in Table 1.

**Table 1.** Frequency Distribution of Stress Levels Among Posyandu Cadres in Pasir Angin Village, Megamendung Subdistrict

Variable	Category	Frequency	Percentage (%)
Stress Level	Mild	6	19.4%
	Moderate	23	74.2%
	Severe	2	6.5%

Variable	Category	Frequency	Percentage (%)
Age	≤ 35 years	6	19.4%
	≥ 35 years	25	80.6%
Occupation	Non-Housewives	6	19.4%
	Housewives	25	80.6%

Based on Table 1, the frequency distribution of stress levels among Posyandu cadres in Pasir Angin Gadog Village shows that out of 31 respondents, 23 respondents (74.2%) experienced moderate stress levels, followed by 6 respondents (19.4%) who were in the mild stress category, and 2 respondents (6.5%) who were in the severe stress category. The highest proportion observed in the age distribution indicates that most cadres fall within the ≥ 35-year category, with a total of 25 respondents (80.6%), while the remaining 6 respondents (19.4%) were in the ≤ 35-year category. In terms of occupational status, the highest proportion shows that 25 respondents (80.6%) were categorized as housewives, while 6 respondents (19.4%) were non-housewives, including freelancers, early childhood education teachers, SPPG staff, and early childhood tutors.

From the ten items included in the PSS-10 scale, several questions were selected by respondents in ways that indicate the presence of psychological pressure. For example, the item “In the last month, how often have you felt that you were unable to control the important things in your life?” was answered “sometimes” by 17 respondents (54.8%). This indicates that more than half of the cadres experienced feelings of being overwhelmed by daily demands and responsibilities. Although this does not occur continuously, it suggests a tendency toward mild to moderate stress, as individuals who often feel unable to manage their workload are more likely to experience psychological strain.

Similarly, for the item “In the last month, how often have you felt difficulties in controlling the important things in your life?”, a total of 15 respondents (48.4%) answered “sometimes.” This finding suggests that nearly half of the participants experienced moments when they felt unable to control important situations or problems in their lives. Such responses reflect a sense of loss of control, which is one of the early indicators of psychological stress. When individuals feel incapable of managing crucial aspects of their lives, emotional and mental burdens tend to increase, resulting in stress reactions.

Another item, “In the last month, how often have you been angered because of things that were outside of your control?”, was also answered “sometimes” by 15 respondents (48.4%). This suggests that nearly half of the respondents experienced feelings of anger or frustration toward uncontrollable situations, even though it did not occur consistently. These responses represent emotional reactions to external stressors, wherein individuals feel a loss of control over circumstances affecting them. Anger toward uncontrollable events serves as a psychological coping response that commonly appears when individuals face unexpected or difficult-to-manage situations.

The findings also show that the highest age distribution category among the cadres is ≥ 35 years old, with 25 respondents (80.6%). This suggests that most Posyandu cadres in Pasir Angin Village are adults within the productive age range. Individuals aged above 35 years typically possess better capabilities in interacting with the community and

understanding local health needs because they generally have more life experience and broader social involvement. Moreover, such age groups often demonstrate greater maturity, experience, and responsibility in carrying out their duties as cadres. Nonetheless, younger cadres (under 35 years) also play an important role, as they represent the next generation who will ensure the continuity of Posyandu activities in the future.

Compared to younger workers (aged 18–40 years), older individuals (41–60 years) generally have a higher risk of experiencing work-related stress. This is influenced by various factors, including natural declines in physical condition and organ function. Additionally, as individuals age, the responsibilities they carry—both professionally and personally—tend to increase. The combination of heightened work demands, increased responsibilities, and reduced physical endurance can elevate the risk of stress (Zulkifli et al., 2019). A study by Sari (2024) also reported that all cadres experienced both physical and emotional fatigue, with most stating that they often felt overwhelmed due to the intensive monthly schedule of activities. Some cadres expressed difficulty in balancing household responsibilities with cadre activities, particularly when activities began in the morning. They felt compelled to complete all household tasks properly before leaving, ensuring that their homes were in order. Furthermore, some cadres mentioned that the dense schedule of activities felt exhausting and monotonous. After returning home, they still carried tasks that needed to be completed within a limited timeframe, which further contributed to their fatigue.

In terms of occupational status, the majority of respondents—25 individuals (80.6%)—were housewives. This indicates that most Posyandu cadres in Pasir Angin Village carry dual roles: managing household responsibilities while serving as community health volunteers. This demonstrates a strong sense of social responsibility among housewives, who remain willing to actively participate in Posyandu activities despite having extensive domestic duties. On the other hand, the presence of cadres who are not housewives is also valuable, as they can contribute diverse experiences and new perspectives to enhance Posyandu activities within the community.

According to Cooper, as cited in Asih et al. (2018), factors influencing stress can be categorized into six groups, including stress related to job conditions such as excessive workload, demanding schedules, and others. Stress related to roles may arise from gender stereotypes or difficulties in differentiating between gender roles. Stress related to interpersonal factors may occur due to lack of managerial support, workplace politics, or limited social support. Stress related to career factors may stem from limited promotion opportunities or excessive ambition leading to frustration. Stress associated with organizational structure may involve imbalanced supervision and training or lack of involvement in decision-making. Stress related to the home-work interface may occur due to conflicts between personal and professional responsibilities, lack of partner support, or difficulties in balancing household duties with work.

Supporting this, Sari (2024) found that all cadres experienced both physical and emotional fatigue, with many reporting feeling quite overwhelmed by the dense monthly activities. Some cadres also expressed difficulty in balancing household responsibilities with cadre duties, particularly when activities started early in the day. They needed to ensure their

household responsibilities were completed properly before leaving. Additionally, some cadres reported that the tight schedule felt exhausting and monotonous. After returning home, they remained burdened by tasks that required completion within strict deadlines.

Similarly, a study by Nurhayati (2021) found that among 74 working mothers, as many as 73 (98.65%) were categorized as experiencing moderate stress, while 1 individual (1.35%) experienced high stress. These findings indicate that the intensity of roles undertaken by working mothers becomes more complex. Besides managing domestic responsibilities, they must also fulfill the demands of their external occupations. These dual demands can create what is known as a double burden, where pressures from both the household and workplace accumulate. If working mothers are unable to manage their time effectively and balance their multiple roles, they become more vulnerable to experiencing stress.

## CONCLUSION

Based on the findings of this study on the description of stress levels among Posyandu cadres in Pasir Angin Gadog Village using the Perceived Stress Scale-10 (PSS-10), several conclusions can be drawn. First, the univariate analysis shows that the majority of cadres experience stress at a moderate level, as indicated by 74.2% of respondents falling within this category. Most cadres are also within the  $\geq 35$ -year age group (80.6%), and the majority work as housewives (80.6%), reflecting their dual responsibilities in managing household tasks while also serving as community health volunteers. Second, responses to three key PSS-10 items reveal indications of psychological pressure among cadres. A total of 17 respondents (54.8%) reported sometimes feeling unable to manage responsibilities, while 15 respondents (48.4%) sometimes felt angry or frustrated about situations beyond their control. These findings indicate that many cadres experience mild to moderate emotional strain in their daily lives, which may reflect challenges in balancing personal duties with their roles in community health services. Third, age-group comparisons show that cadres aged  $\leq 35$  years predominantly fall into the moderate stress category (83.3%), while cadres aged  $\geq 35$  years also mostly experience moderate stress (72%). This suggests that stress levels remain consistent across age groups, although younger cadres show a slightly higher proportion. Fourth, stress levels also vary by occupational status. Among non-housewife cadres, 66.7% experience moderate stress, while 76% of housewife cadres fall into the same category. This pattern highlights the emotional burden associated with juggling both household responsibilities and voluntary health service duties. Overall, the study indicates that Posyandu cadres in Pasir Angin Gadog face considerable psychological demands linked to workload, multiple roles, and emotional pressures, underscoring the need for structured support and stress-reduction interventions.

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