

# Understanding Social Support and Work Meaning To Reduce Work Stress for Police Officers during the Covid-19 Pandemic.

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- **Abstract:** Work stress is an important problem for the Police in the current era of the COVID-19 pandemic, because it must ensure that the community obeys the rules of Large-Scale Social Restrictions (PSBB) as well as carrying out routine police duties. There are two important things that affect work stress, namely the meaning of work and social support. The purpose of this study was to find the simultaneous influence of social support and the meaning of work on the emergence of work stress on police officers in East Java. This research is a quantitative study using a scale job stress, a scale of social support and a scale of the meaning of work with. The subjects of this study were members of the police spread across East Java. Hypothesis testing using multiple linear regression analysis shows the following results: job stress on police officers is influenced by social support and the meaning of work; social support and meaning have a negative correlation with job stress. The implication of this research is expected to help police institutions by developing programs to increase the role of family support and increase the meaning of work to reduce work stress.
- **Keywords:** Work stress, COVID19 pandemic, Hypothesis testing