

## Self-efficacy and Job Stress among Tobacco Farmers

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### Abstract:

Farmers have heavy work demands, so farmers are at risk of injury and work-related illnesses such as mental stress disorder. This study analyzed the relationship between self-efficacy and work stress in tobacco farmers. The research design used is the analytic correlation with a cross-sectional approach. The sampling technique uses probability sampling with cluster sampling. The sample for this research is tobacco farmers who are members of the farmers' group, with a sample size of 100 respondents. The instrument used in this study was the GSE (General Self-efficacy) Questionnaire to measure self-efficacy in tobacco farmers. The DASS 42 Questionnaire (Depression, Anxiety, Stress, Scale) was used to measure work stress—data analysis using the Pearson test correlation test. The average tobacco farmer has high Self-Efficacy and low work stress. The results of the Pearson test, namely the p-value of 0.001 with a correlation value of -0.419, show a relationship between self-efficacy and work stress with a moderate correlation level with a negative correlation direction. Nurses are expected to carry out counseling activities for tobacco farmers to prevent work stress and increase self-efficacy in tobacco farmers.

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## INTRODUCTION

Agronursing is the management of nursing care and management nursing services that focus on holistic and comprehensive clients in the agricultural sphere (agriculture, plantations, fisheries, animal husbandry, and agro-industry) (Kurniyawan et al., 2023). Tobacco farmers are members of a farming group engaged in the primary cultivation of the agricultural sector in the form of tobacco (Septiani et al., 2020). Farmers are at high risk of experiencing psychological health pressure. Farmers with high psychological health pressure can experience stress (Patuh et al., 2021).

Farmers in Indonesia are vulnerable and at risk of various health problems, including psychosocial factors that can affect health problems among farmers, including stress due to workload (Putra et al., 2022). Tobacco farmers are prone to work accidents when cultivating tobacco (Hariyanto et al., 2021). Farmers have heavy and prolonged work demands, so farmers are at risk of injury and work-related illnesses such as pesticide poisoning, cardiovascular disease, and mental stress disorders (Kurniyawan et al., 2022). Farmers often experience fatigue due to excessive workload and working hours, impacting sleep quality and physical and psychological health status (Adinda et al., 2020). Fatigue at work can interfere with farmer performance, affecting work productivity (Pratiwi et al., 2022).

Job stress is a feeling of pressure or pressure that workers experience in dealing with work (Ningrum et al., 2022). Stress is a physically or psychologically disturbing situation that threatens the well-being of life (Ariviana et al., 2021). Stress has three levels, namely mild stress (acute), moderate stress (episodic acute), and severe stress (chronic) (Ratnasari et al., 2021). High-stress levels negatively affect physical and mental health (distress or unfavorable stress) (Wuryaningsih et al., 2018).

Stress on farmers will show psychological symptoms such as difficulty calming down, irritability, anxiety, and being easily offended by others (Cahyani et al., 2022). The stress suffered by farmers and not appropriately managed will affect their body condition (Afkarina et al., 2022). Stress management can help individuals eliminate, reduce, manage, and manage stress (Fuadiati et al., 2019). One effort to reduce stress levels is good and effective time management while working in agriculture (Pratiwi et al., 2021).

Self-efficacy is a belief in the ability to organize and decide the actions needed to get specific results (Kurniyawan et al., 2022). A person's motivation to behave is influenced by self-esteem and self-efficacy, and these two factors will affect a person's motivation in making decisions (Sariyani et al., 2022). Self-efficacy will support the process of self-control in maintaining appropriate behavior in managing stress (Kurniyawan et al., 2022). Self-efficacy will make individuals confident in overcoming all difficulties (Kurniyawan et al., 2023). High self-efficacy is needed for motivation, performance, and stress control (Pande et al., 2023). Sources of self-efficacy can be achieved through motivation, affection, cognition, and selection (Kurniyawan et al., 2023). This study analyzed the relationship between self-efficacy and work stress in tobacco farmers.

## METHOD

The research design used is the analytic correlation with a cross-sectional approach. The sampling technique uses probability sampling with cluster sampling. The sample for this research is tobacco farmers who are members of the farmers' group, with a sample size of 100 respondents. The inclusion criteria for research subjects were tobacco farmers, landowners or farm laborers aged 25-65. The instrument used in this study was the GSE (General Self-efficacy) Questionnaire to measure self-efficacy in tobacco farmers. The DASS 42 Questionnaire (Depression, Anxiety, Stress, Scale) was used to measure work stress. Data analysis used the Pearson correlation test to determine the relationship between the two variables. The ethics of this research was carried out by conducting ethical due diligence at the Faculty of Dentistry, University of Jember, with no. 270/UN 25.8./KEPL/DL.

## RESULT

### Characteristics of Respondents

Table 1. Distribution of Age Characteristics and Length of Work among Tobacco Farmers (n=100)

Variable	Mean	SD
Age	44.10	± 1.06
Length of working	18.62	± 1.11

Table 2. Distribution of Respondents based on Gender, Education Level, and Type of Tobacco Farmer (n=100)

Characteristics	Frequency	Percentage
Gender		
Man	45	45
Woman	55	55
Formal Education		
Elementary school	67	67
Junior high school	10	10
Senior High School	20	20
College	3	3
Types of Tobacco Farmers		
Landowner	42	42
Farm workers	58	58

## Tobacco Farmer Self-Efficacy

Table 3. Mean Values and Self-Efficacy Indicators for Tobacco Farmers (n=100)

Category	Mean	SD
Self-Efficacy	30.31	5.75
Indicator		
Level	3.06	0.67
Strength	3.08	0.69
Generalization	2.97	0.61

Table 3 shows that the average tobacco farmer has a high Self-Efficacy of 30.31. The self-efficacy indicators, which include those with the highest average values, are the strength indicators.

## Tobacco Farmer's Job Stress

Table 4. Average of Job Stress and Indicators of Work Stress on Tobacco Farmers (n=100)

Category	Mean	SD
Job Stress	17.39	8.07
Indicator		
Physical Gesture	1.20	0.67
Psychological Symptoms	1.30	0.64
Behavioral Symptoms	1.21	0.60

Table 4 shows that tobacco farmers' average work stress is low, which is 17.39. The work stress indicator that has the highest average value is psychological symptoms.

## The Relationship between Self-Efficacy and Job Stress in Tobacco Farmers

Table 5. Analysis of the Relationship between Self-Efficacy and Job Stress in Tobacco Farmers (n=100)

Variable	p-value	Correlation Value (r)
Self-Efficacy	0.001	-0.419
Job Stress		

Table 5 shows that the results of the Pearson test are p-value 0.001 with a correlation value of -0.419. This study shows a relationship between self-efficacy and work stress with a moderate correlation level with a negative correlation direction. This means that the higher the efficacy, the lighter the work stress experienced; conversely, the lower the self-efficacy, the heavier the work stress experienced.

## DISCUSSION

### Tobacco Farmer's Self-Efficacy

The results showed that tobacco farmers in Kalisat District, Jember Regency had high self-efficacy with an average value of 30.31. The results of this study follow research by Puspitasari et al. (2019) which discusses the factors that influence the safety behavior of tobacco farmers; one of the influential factors is self-efficacy, that tobacco farmers have self-efficacy in the high category of 66.7% and low efficacy of 33.3 %. The study's results differ from the research conducted by Aji (2015), explaining that tobacco farmers have self-efficacy in the low category of 69.2% and high efficacy of 30.8%.

High self-efficacy is needed for motivation, performance, and stress control (Pande et al., 2023). Sources of self-efficacy can be achieved through motivation, affection, cognition, and selection (Kurniyawan et al., 2023). Self-efficacy will support the process of self-control in maintaining appropriate behavior in managing stress (Kurniyawan et al., 2022). Self-efficacy will make individuals confident in overcoming all difficulties (Kurniyawan et al., 2023).

Researchers argue that tobacco farmers can quickly receive new information, innovate, and adapt it in their productive age. In addition, those at productive age tend to be more able to work fast, strong, tenacious, and thoroughly. The experience possessed by individuals is influential in dealing with work, namely being able to adapt to changing job demands. Therefore, tobacco farmers have high self-efficacy. Meanwhile, tobacco farmers of non-productive age have low efficacy, tend to be difficult to receive information, and need more experience, especially regarding how to grow good tobacco.

### Tobacco Farmer's Job Stress

The results of this study indicate that tobacco farmers in Kalisat District, Jember Regency experience low work stress with an average value of 17.39. This research differs from a study conducted by Indriani (2018) on 98 tobacco farmers who found that the highest score was at a moderate stress level of 31.6%, everyday stress reached 24.45%, mild stress at 22.4%, severe stress at 20.4%, and very severe 1.0%. This research is also different from what was done by Intani (2013); tobacco farmers found that the average value was 48.12, which was very severe stress.

Stress on farmers will show psychological symptoms such as difficulty calming down, irritability, anxiety, and being easily offended by others (Cahyani et al., 2022). The stress suffered by farmers and not appropriately managed will affect their body condition (Afkarina et al., 2022). Stress management can help individuals eliminate, reduce, and manage stress (Fuadiati et al., 2019). One effort to reduce stress levels is good and effective time management while working in agriculture (Pratiwi et al., 2021).

Researchers argue that tobacco farmers experience low stress because they can overcome their problems. This happened because farmers had experienced several crop failures before. In addition, tobacco farmers have an average of 18 years of work experience. Therefore, tobacco farmers know how to deal with problems and find solutions, so they do not happen again. The

incident of tobacco crop failure is used as a future lesson or experience by looking for strengths and weaknesses so that when replanting, you get satisfactory results. This is what makes tobacco farmers have strong confidence in themselves by being shown by not giving up and not being pessimistic about growing tobacco so that work stress is low for tobacco farmers.

## The Relationship between Self-Efficacy and Job Stress in Tobacco Farmers

The results of the Pearson test analysis on these two variables show a relationship between self-efficacy and work stress in tobacco farmers in Kalisat District, Jember Regency, with a p-value of 0.001 and a correlation value (r) of -0.419. These results indicate that the relationship between the two variables is moderate and has a negative value, meaning that the higher the self-efficacy, the lighter the work stress experienced by tobacco farmers.

The results of this study follow the statement of Puspitasari et al. (2019) that high self-efficacy have a greater chance of performing a safe performance than individuals with low efficacy. Someone who has high self-efficacy has goals and commitments well. Conversely, if you have low self-efficacy, you perceive work and activities as a threat that causes work stress. This shows that self-efficacy is important for individuals in encouraging healthy behavior.

Self-efficacy will support the process of self-control in maintaining appropriate behavior in managing stress (Kurniyawan et al., 2022). Self-efficacy will make individuals confident in overcoming all difficulties (Kurniyawan et al., 2023). High self-efficacy is needed for motivation, performance, and stress control (Pande et al., 2023).

Researchers argue that individuals with high self-efficacy can adapt within the scope of tobacco farming. Therefore, individuals have light work stress. Achieving specific goals is carried out following the belief in the abilities possessed. High confidence in individuals can affect problem control, so the efficacy that is owned shows tremendous confidence in carrying out an act of control and overcoming problems. Self-efficacy can form a successful person; therefore, it can reduce stress and prevent depression.

## CONCLUSION

A relationship exists between self-efficacy and work stress in Kalisat District, Jember Regency tobacco farmers. The negative correlation results indicate that the higher the self-efficacy, the lower the work stress. Nurses are expected to carry out counseling activities for tobacco farmers to prevent work stress and increase self-efficacy in tobacco farmers.

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## CONFLICT OF INTEREST

There is no conflict of interest in this article.

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