WORK TIME MANAGEMENT AND STRESS JOURNALIST WORKING IN MASS MEDIA MASS GENERAL DAILY POST

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ABSTRACT:
This study aims to see how the image of working time management and stress of work at a daily newspaper reporter heading masses. Working time management is a skill to use time effectively and efficiently, to manage what is done in that time. With no ability to manage time, a journalist is likely to replace a productive activity with activities that are not important, so would increasingly alienate journalists to the achievement of objectives and cause job stress. The subject of this research is a daily newspaper reporter who was heading the masses through his job as a journalist for about share a single year. Techniques used in this study are interviews and observation. Interviews in this research ways to use aspects of working time management and stress characteristics of work, management aspects of working time includes set goals, arrange priorities, be assertive, to avoid delays, minimize the time wasted. While the characteristics of job stress behaviors (actions), Mental, Emotional (feelings), physical aspects, in addition to the interviews of this study is equipped with an observation by using the kind of participant observation, and not structured. From the results of research conducted, subject and significant others in our study proved that, subject to manage his time, although not with the programs planned well. With state of the subject that can manage their work time, so the subject did not experience job stress. But the subject of environmental having stress from family, which carried up to their work place.